



Opioid Abuse in Iowa

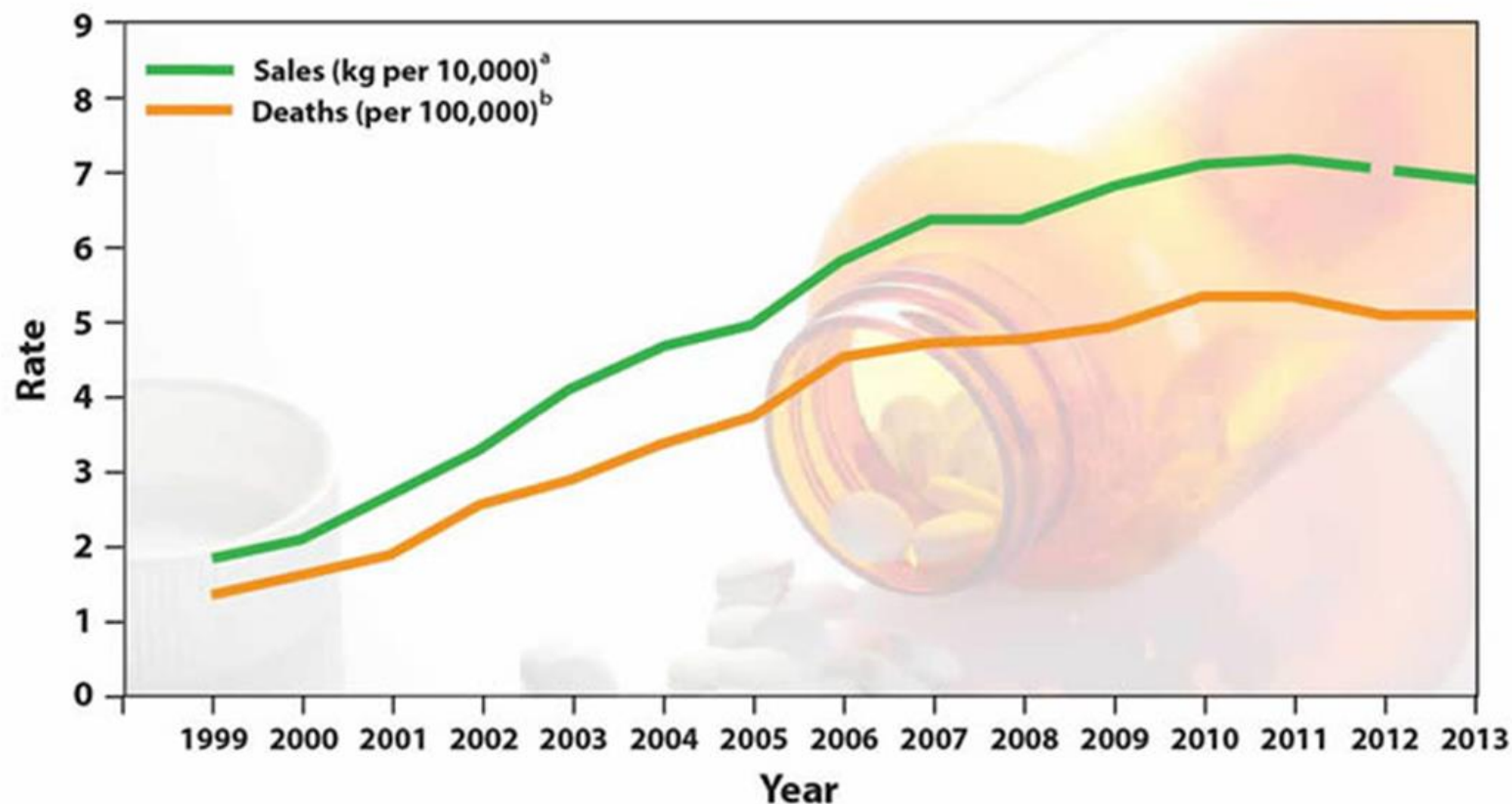
Rx to Heroin



Iowa Governor's Office of Drug Control Policy
March 2016

National Rx Painkiller Trends

Prescription Painkiller Sales and Deaths



Sources:

^aAutomation of Reports and Consolidated Orders System (ARCOS) of the Drug Enforcement Administration (DEA), 2012 data not available.

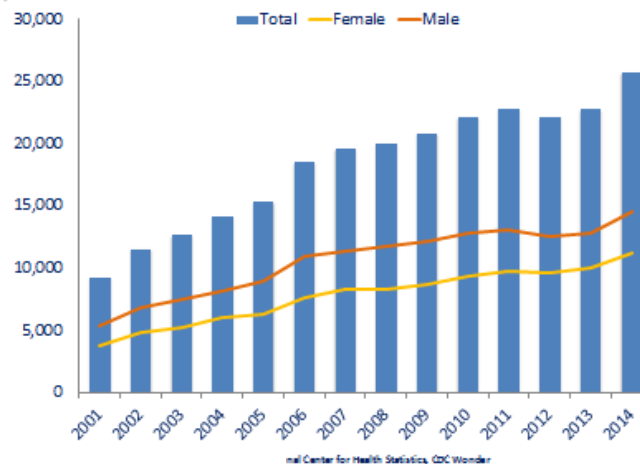
^bCenters for Disease Control and Prevention. National Vital Statistics System mortality data. (2015) Available from URL:

<http://www.cdc.gov/nchs/deaths.htm>.

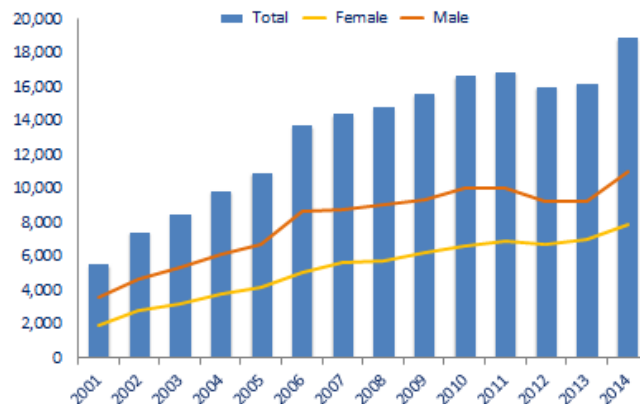
National Rx-Heroin Trends



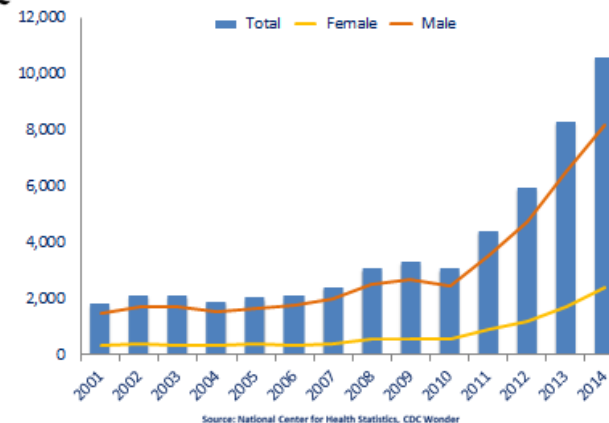
National Overdose Deaths
Number of Deaths from Prescription Drugs



National Overdose Deaths
Number of Deaths from Prescription Opioid Pain Relievers



National Overdose Deaths
Number of Deaths from Heroin



National Rx-Heroin Trends

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

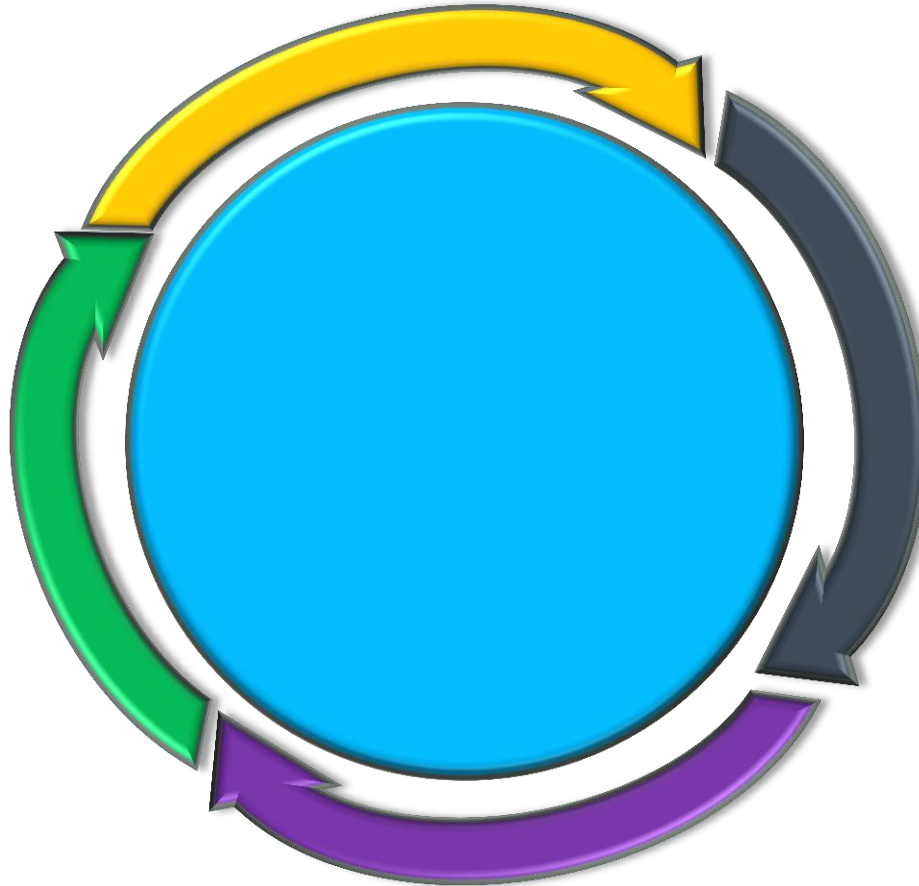
Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = \$7-\$10/tab

Hydrocodone
(Lorcet®)
= \$5-\$7/tab

OxyContin®
= \$80/tab

Roxicodone®
Oxycodone IR
15mg, 30mg
= \$30-\$40/tab



Heroin = \$10/bag

Types of Medicines Abused

- Opioids (*Pain Relievers)
 - OxyContin®, Vicodin®, Percocet®
- Stimulants
 - Ritalin®, Adderall®, Sudafed®
- Anti-Anxieties
 - Xanax®, Valium®
- Anti-Depressants
 - Prozac®, Zoloft®
- Sedatives
 - Rohypnol®, Nembutal®, Seconal®
- Etc.

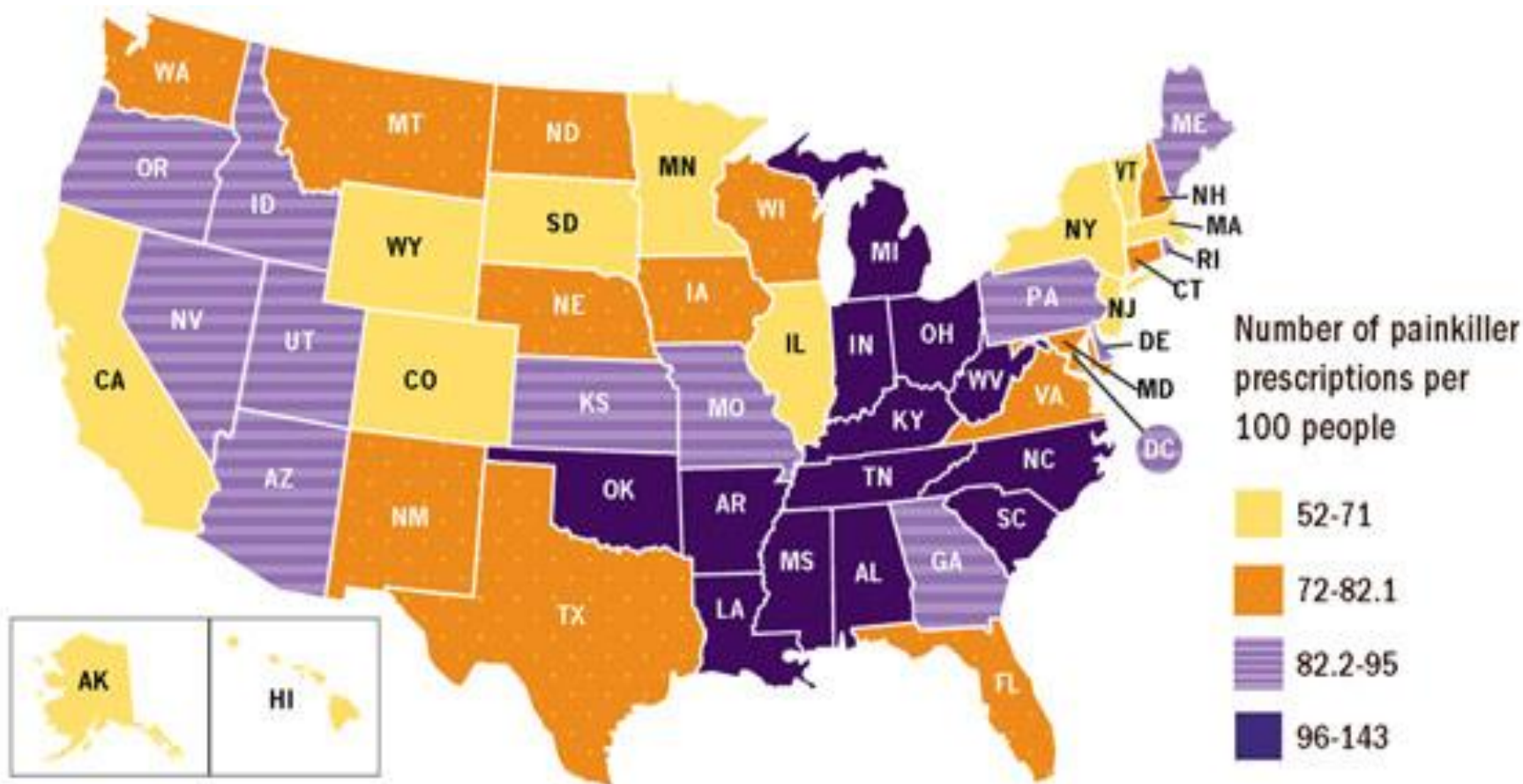


*Hydrocodone combination products became Schedule II Controlled Substances in October 2014.

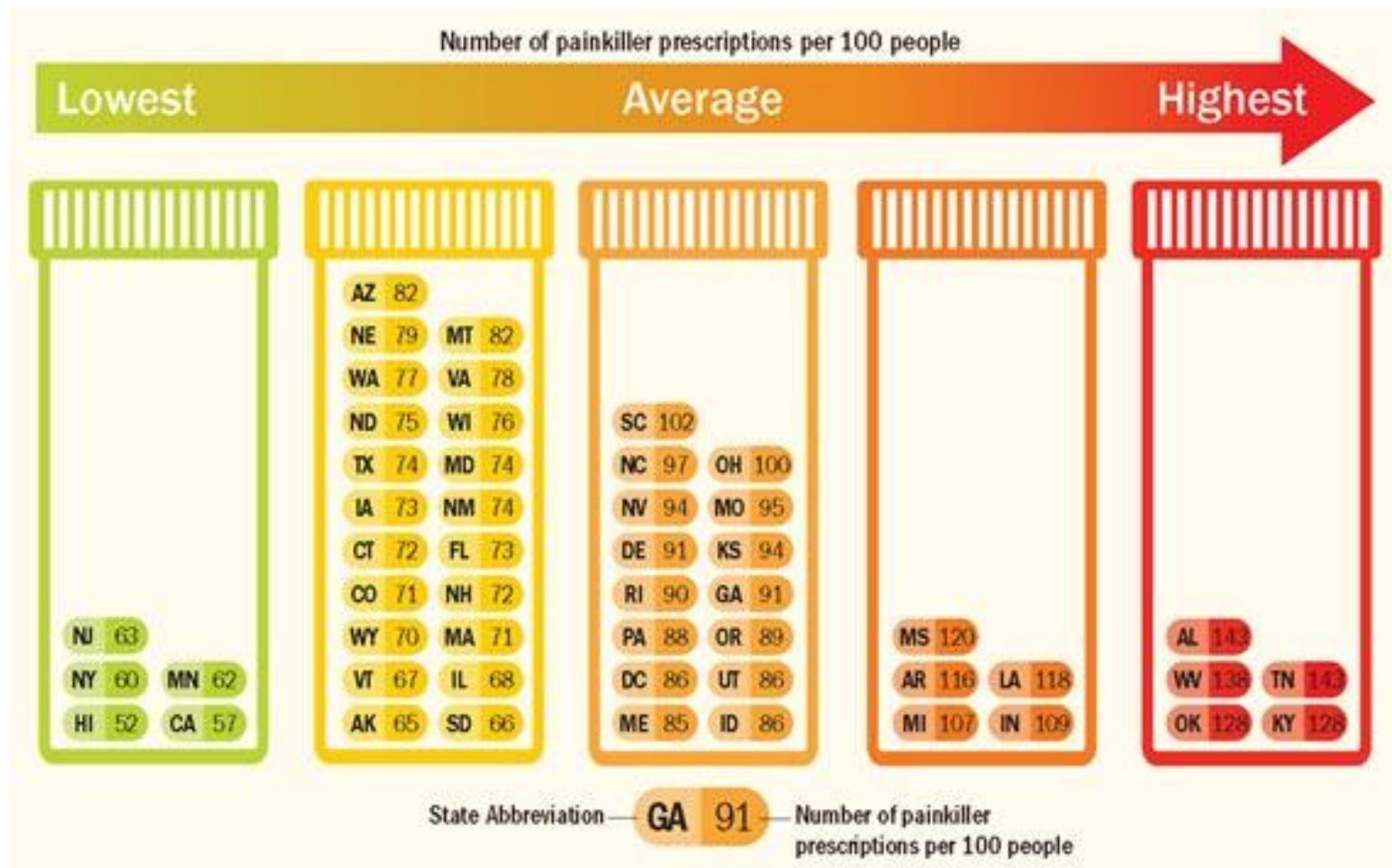
Rx Diversion/Abuse in Iowa: *Summary*

- Iowa's Rx abuse rate is lower than the U.S. average
(past year nonmedical use of Rx pain relievers = 3.65%...13th lowest)
- Opioid abuse is one of the fastest growing forms of substance abuse in the U.S. & Iowa
(OD deaths at or near all time highs)
- Prescription Monitoring Program (PMP) utilization rates by health care professionals are slowly rising
- Cases of suspected “doctor shopping” detected by the PMP may be decreasing

Pain Reliever Prescriptions: By State

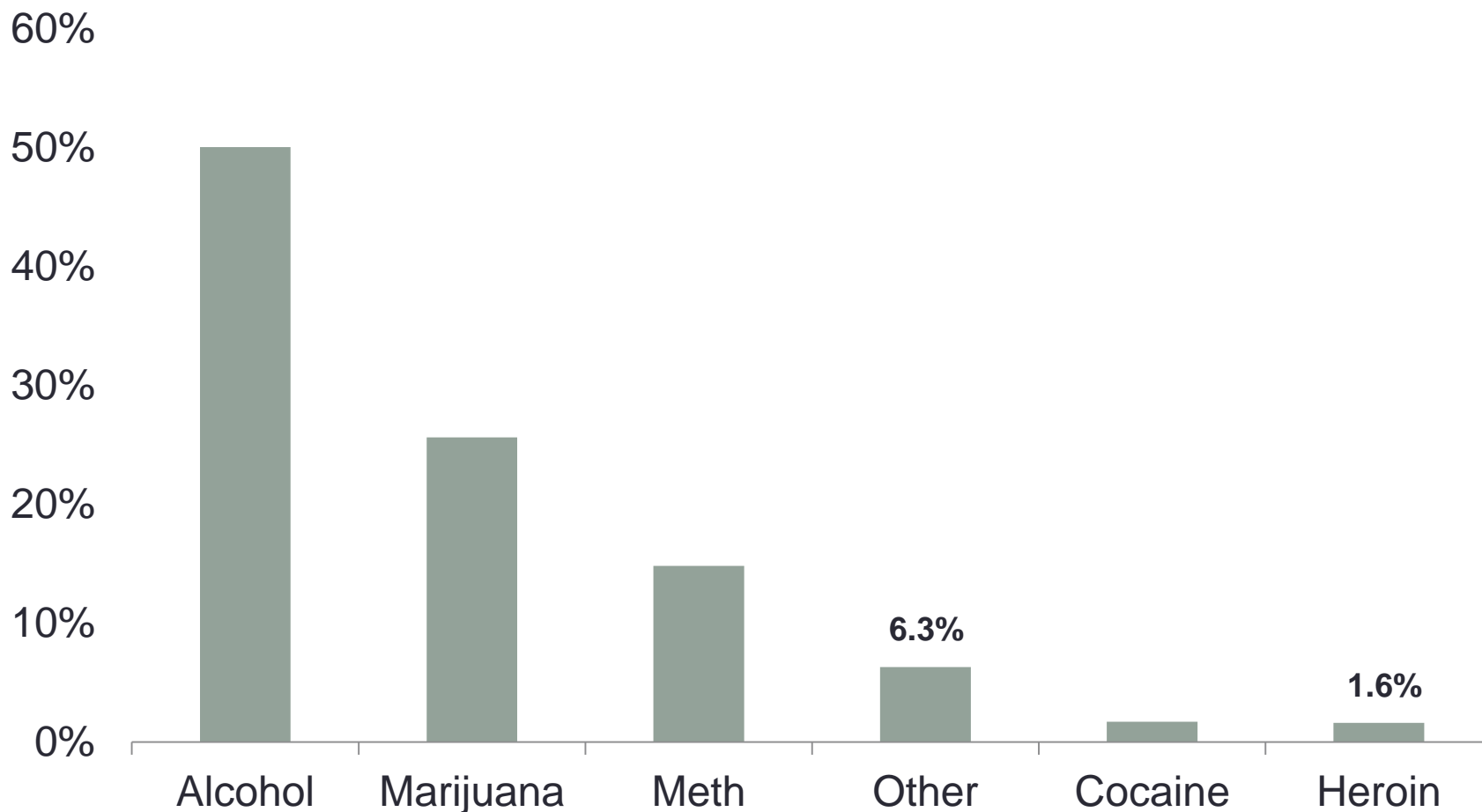


Pain Reliever Prescriptions: By State



Drugs of Choice: All Iowans

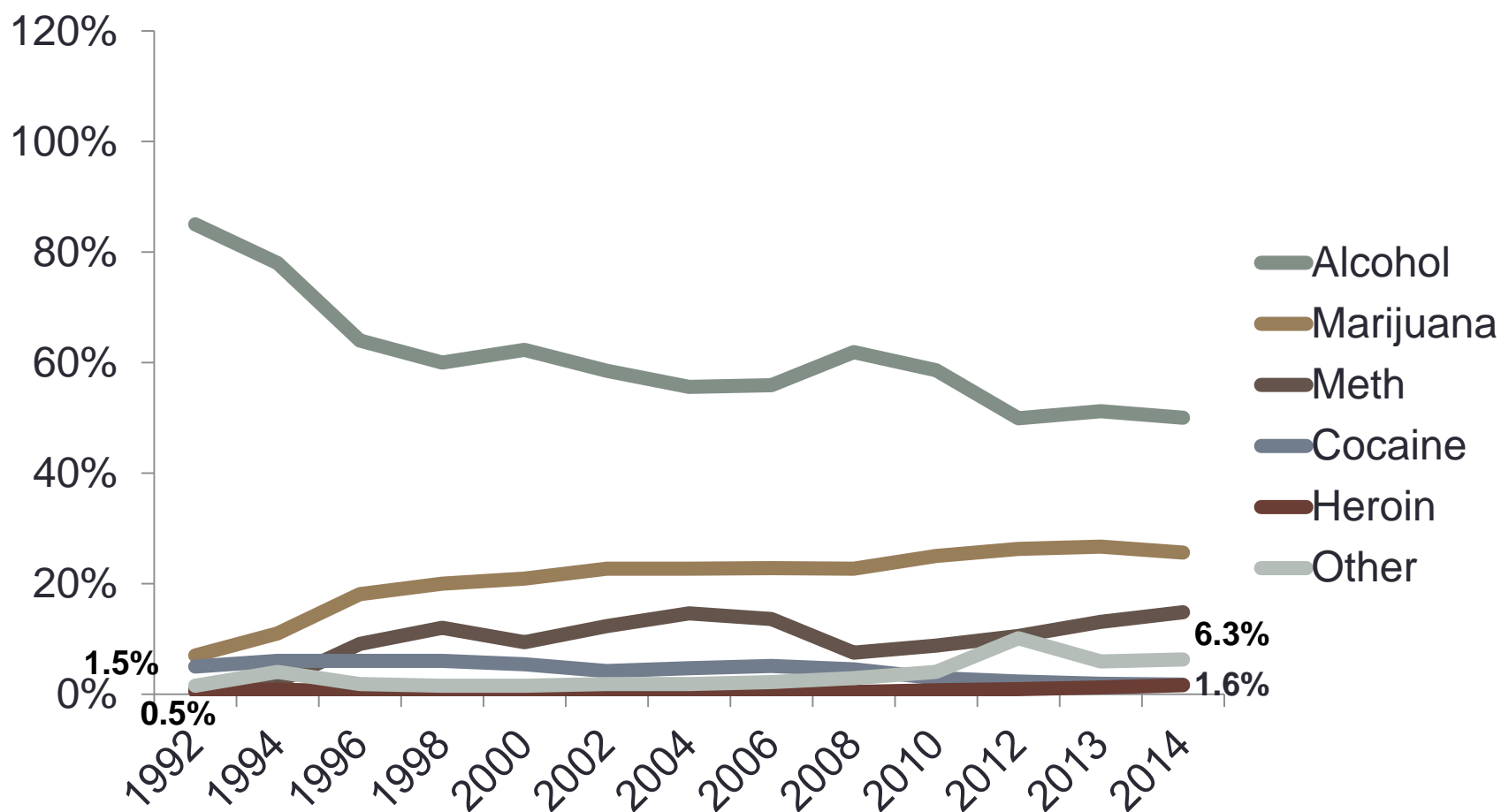
Primary Substance by Clients Entering Treatment



IDPH Treatment Admissions, 2014

Drugs of Choice: All Iowans

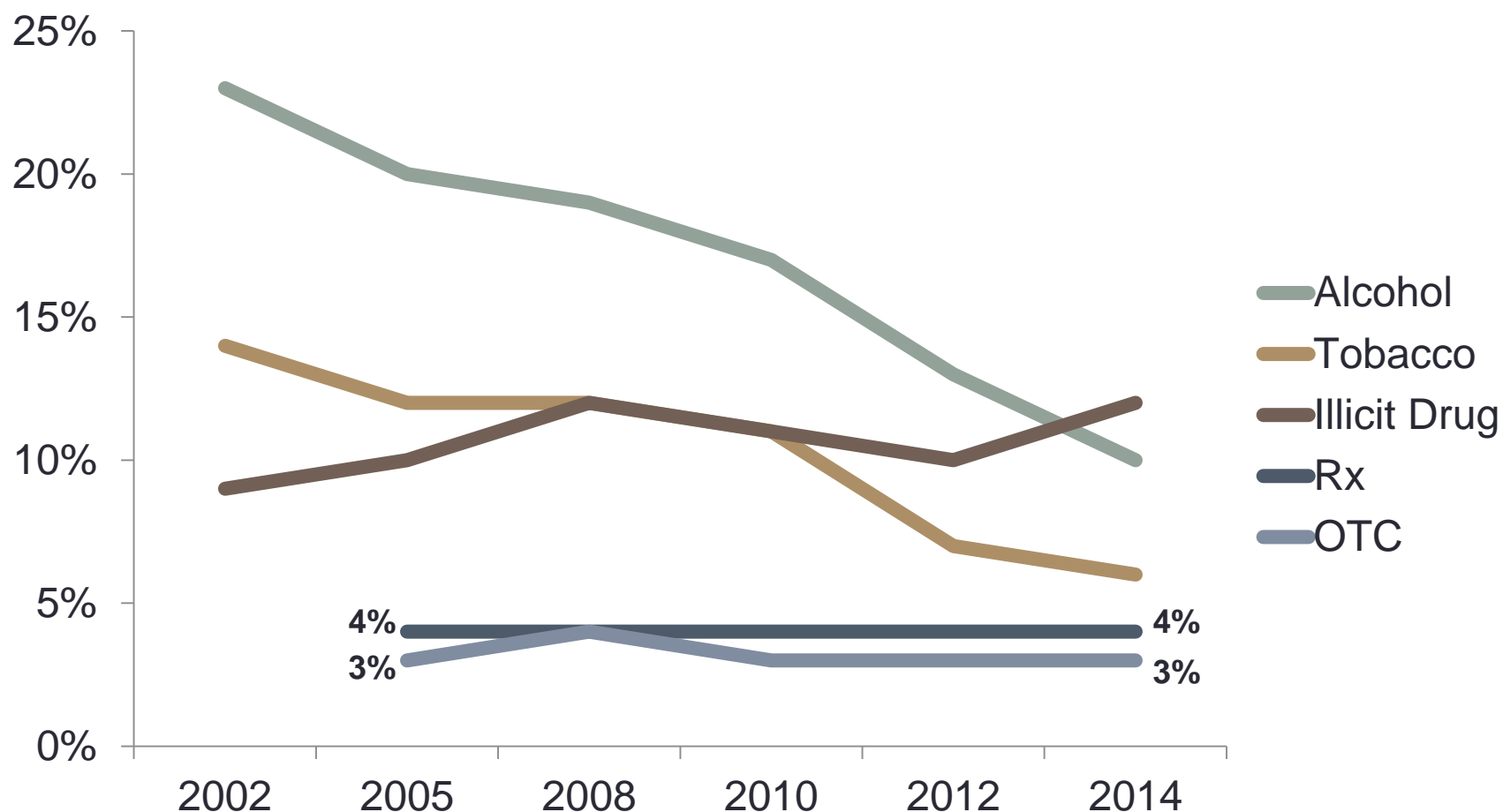
Primary Substance of Choice by Iowans in Treatment



IDPH Treatment Admissions, 2014

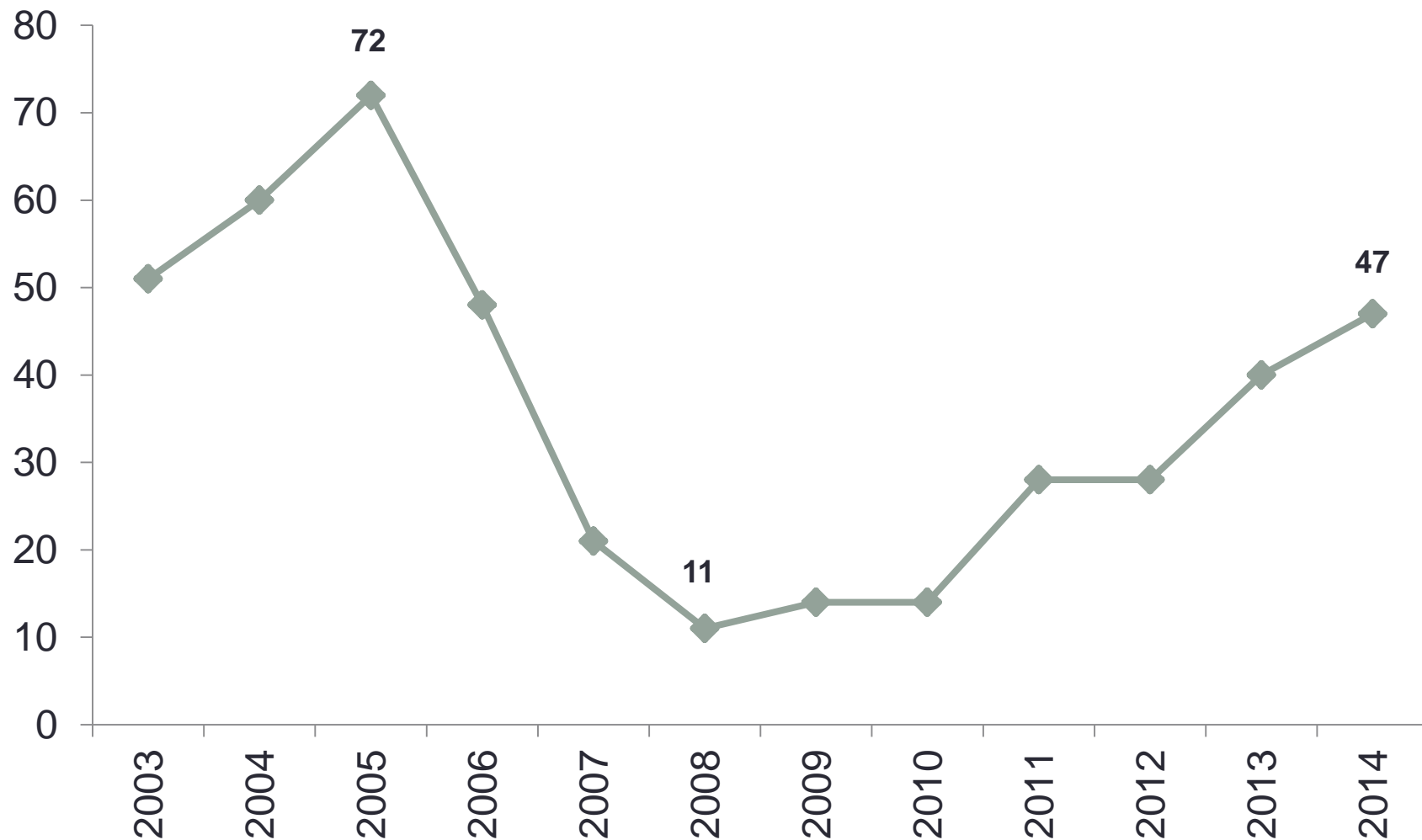
Iowa Youth Substance Abuse

6th, 8th and 10th Grade Users, Last 30-Days



IDPH Iowa Youth Survey, 2014

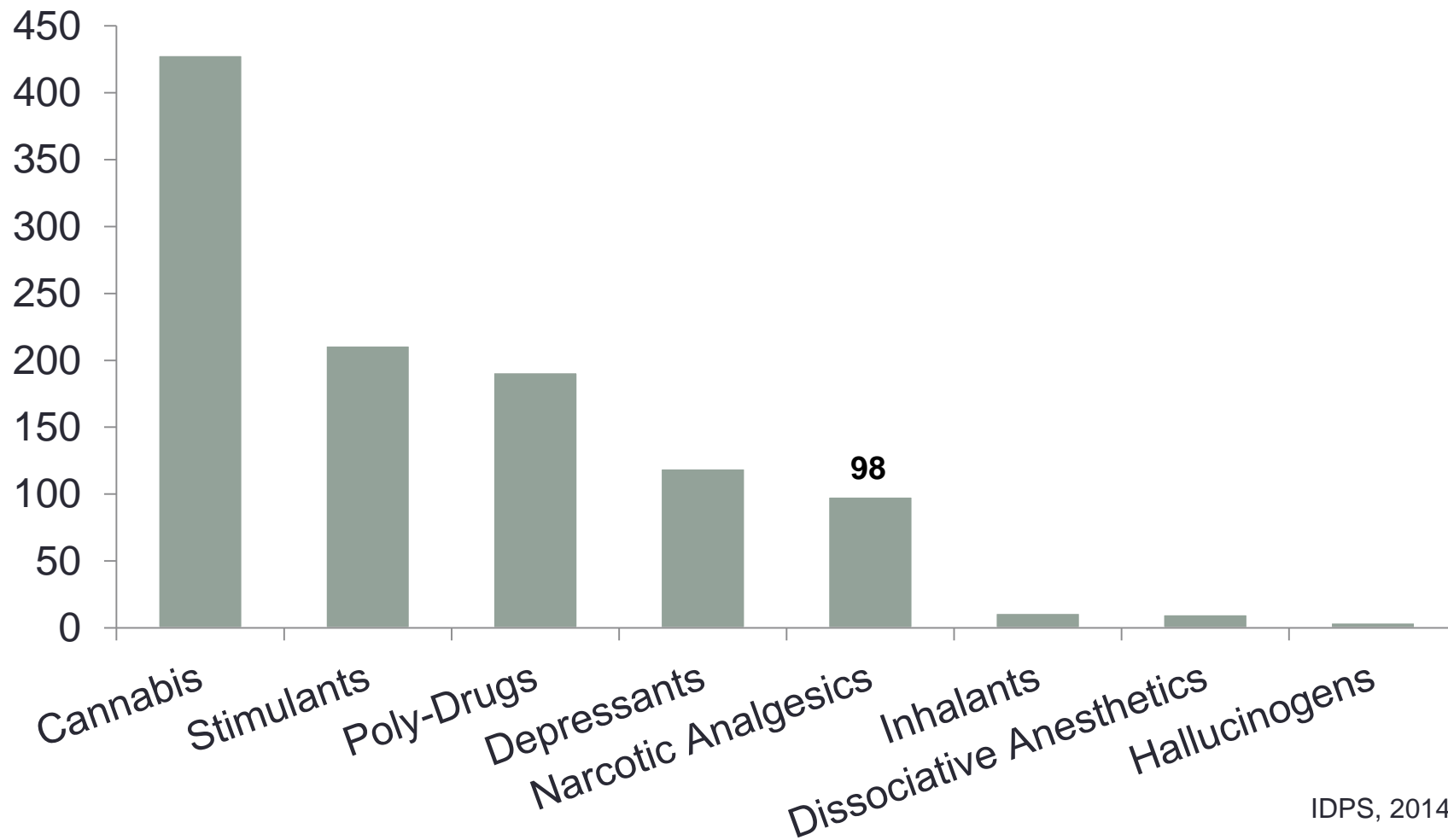
Iowa Drug-Related Traffic Fatalities



Iowa Department of Transportation & Iowa Department of Public Safety, Governor's Traffic Safety Bureau, 2014

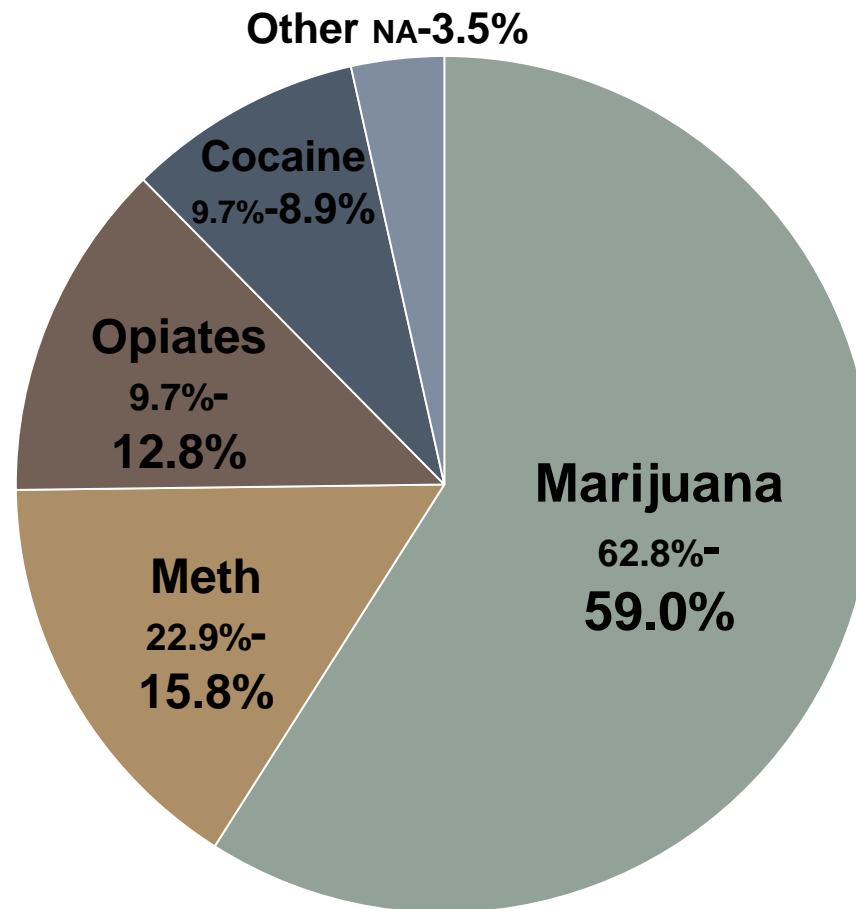
Iowa Drug-Impaired Driving

2014 Non-Alcohol Evaluations by Drug Recognition Experts



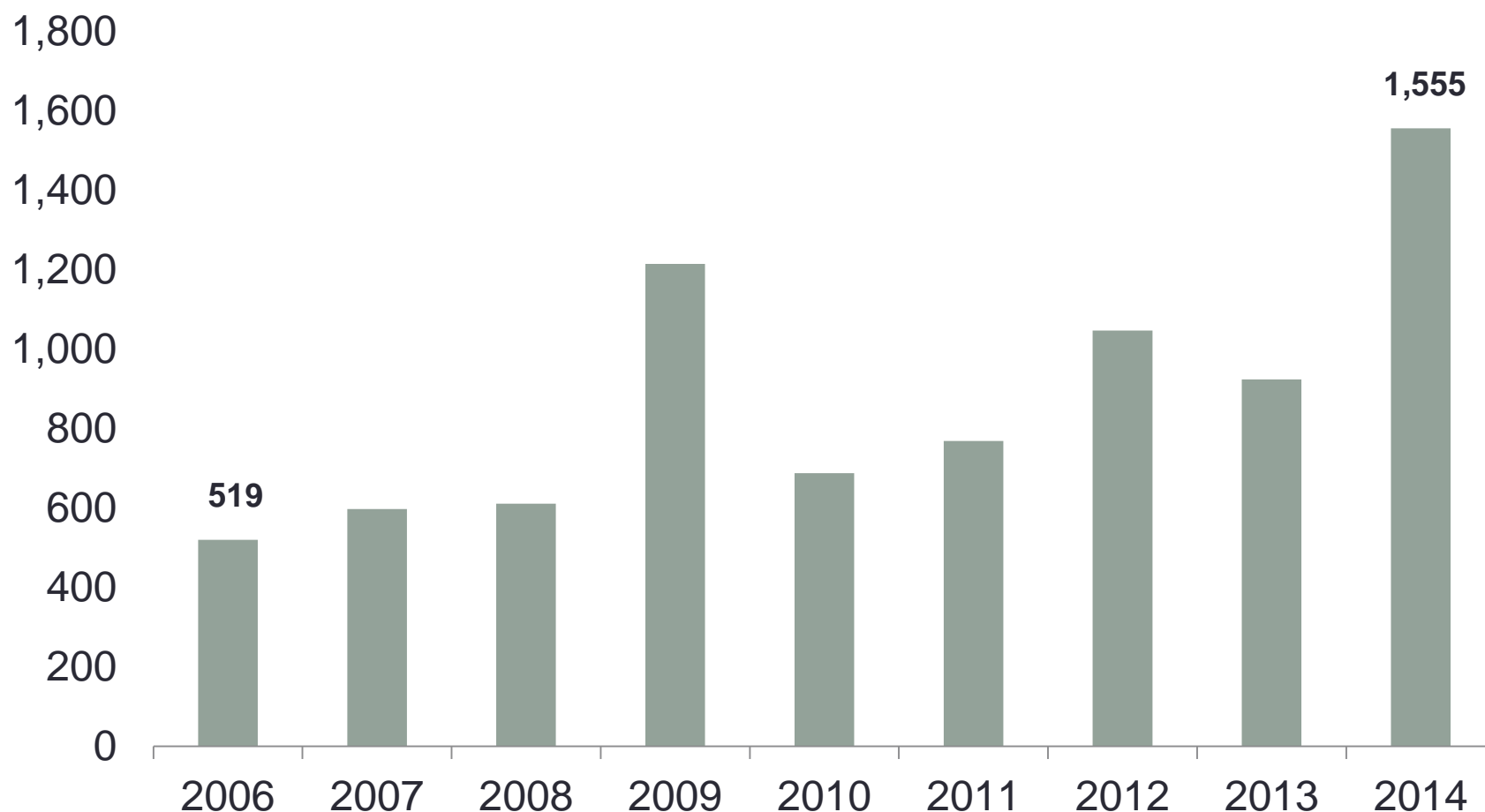
Iowa's Workplace

Positive Drug Tests Reported 2002-2011



Iowa Opioid-Related ER Visits

Opioid Use (including Opiates & Others) as Causal or Contributing Factor



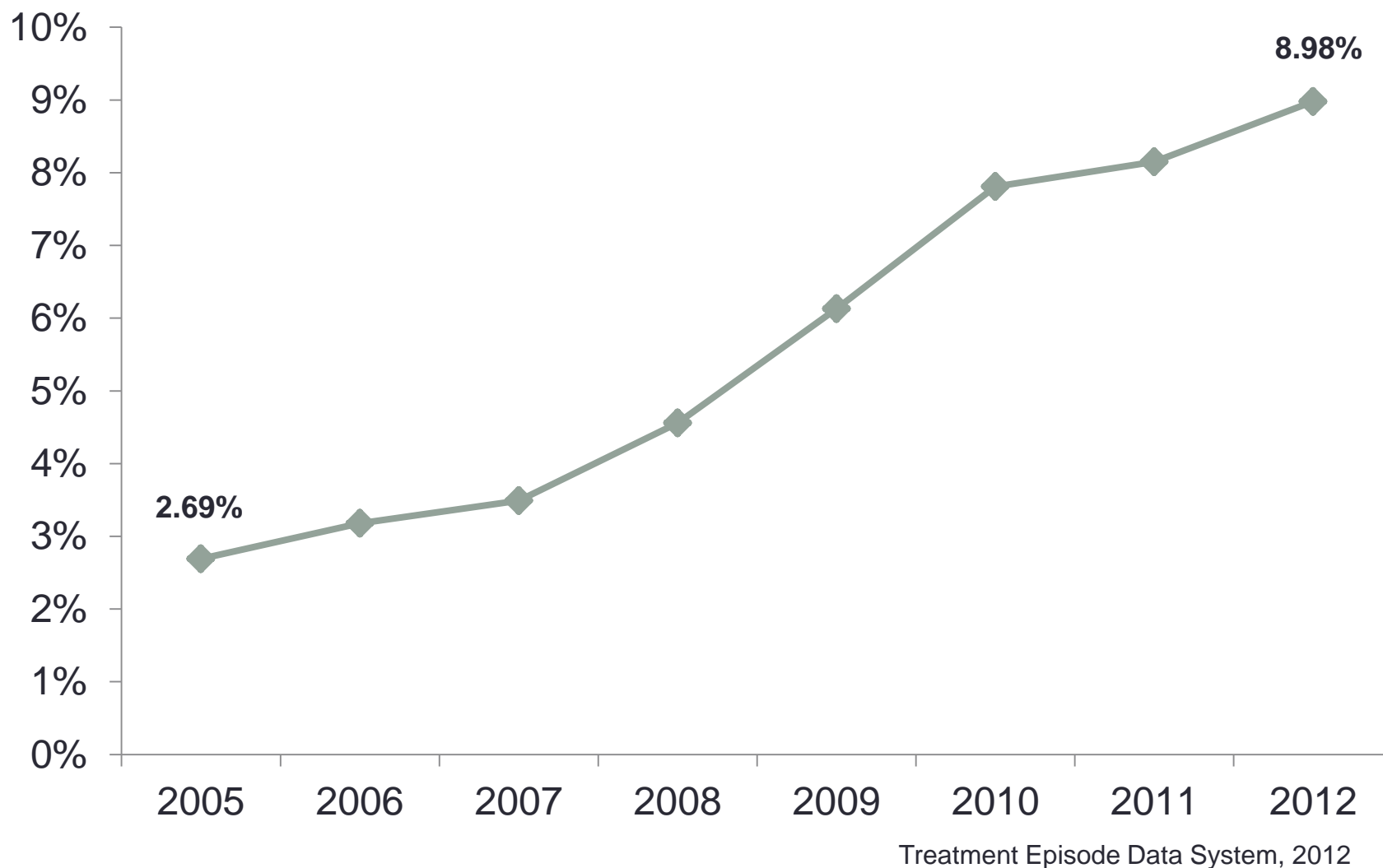
Iowa Drug Treatment: *Numbers*

Heroin as Primary Substance of Abuse Upon Admission/Screening



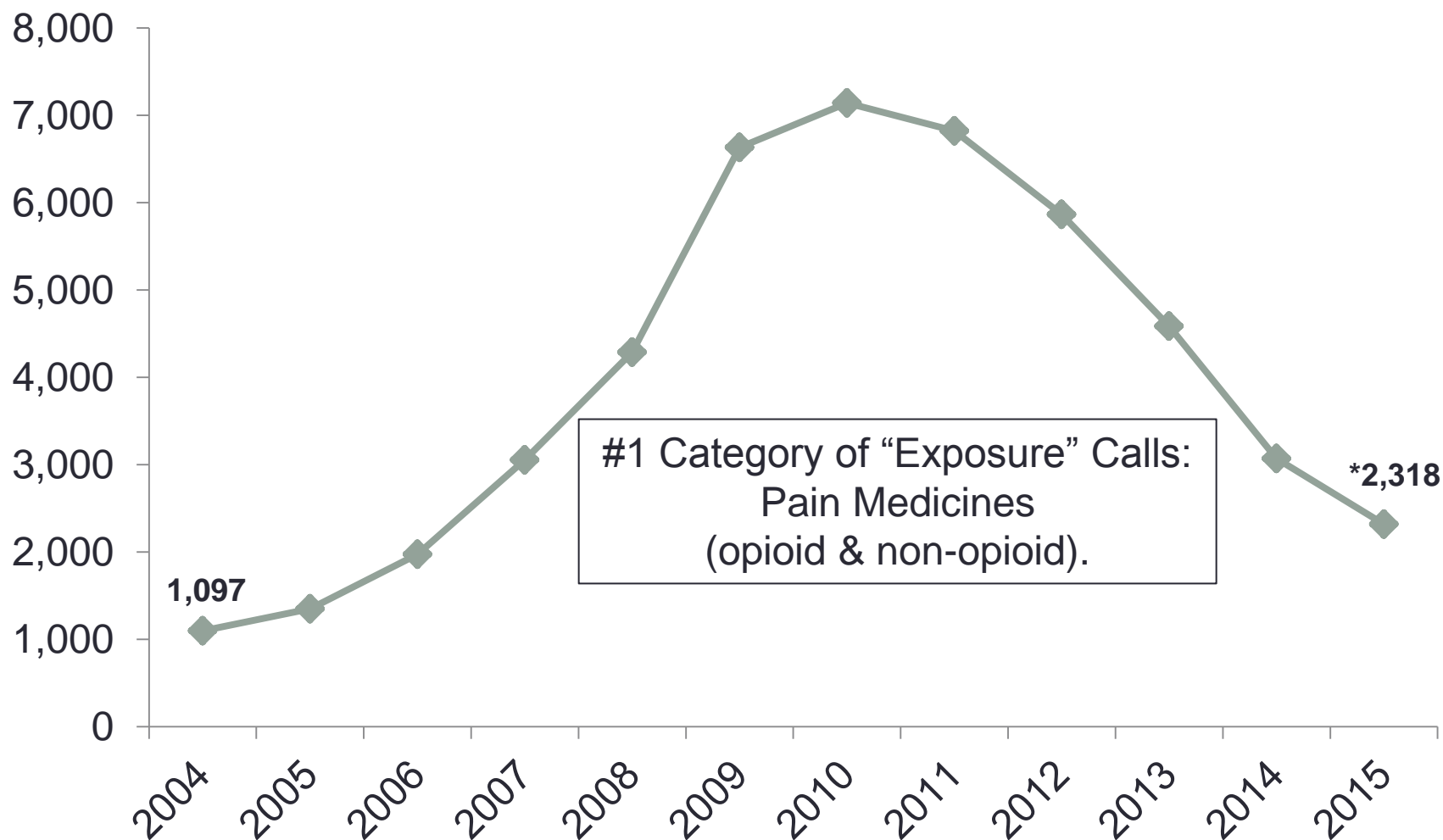
Iowa Drug Treatment: *Percentages*

Any Abuse of Non-Heroin Opiates & Synthetics as a % of All Admissions



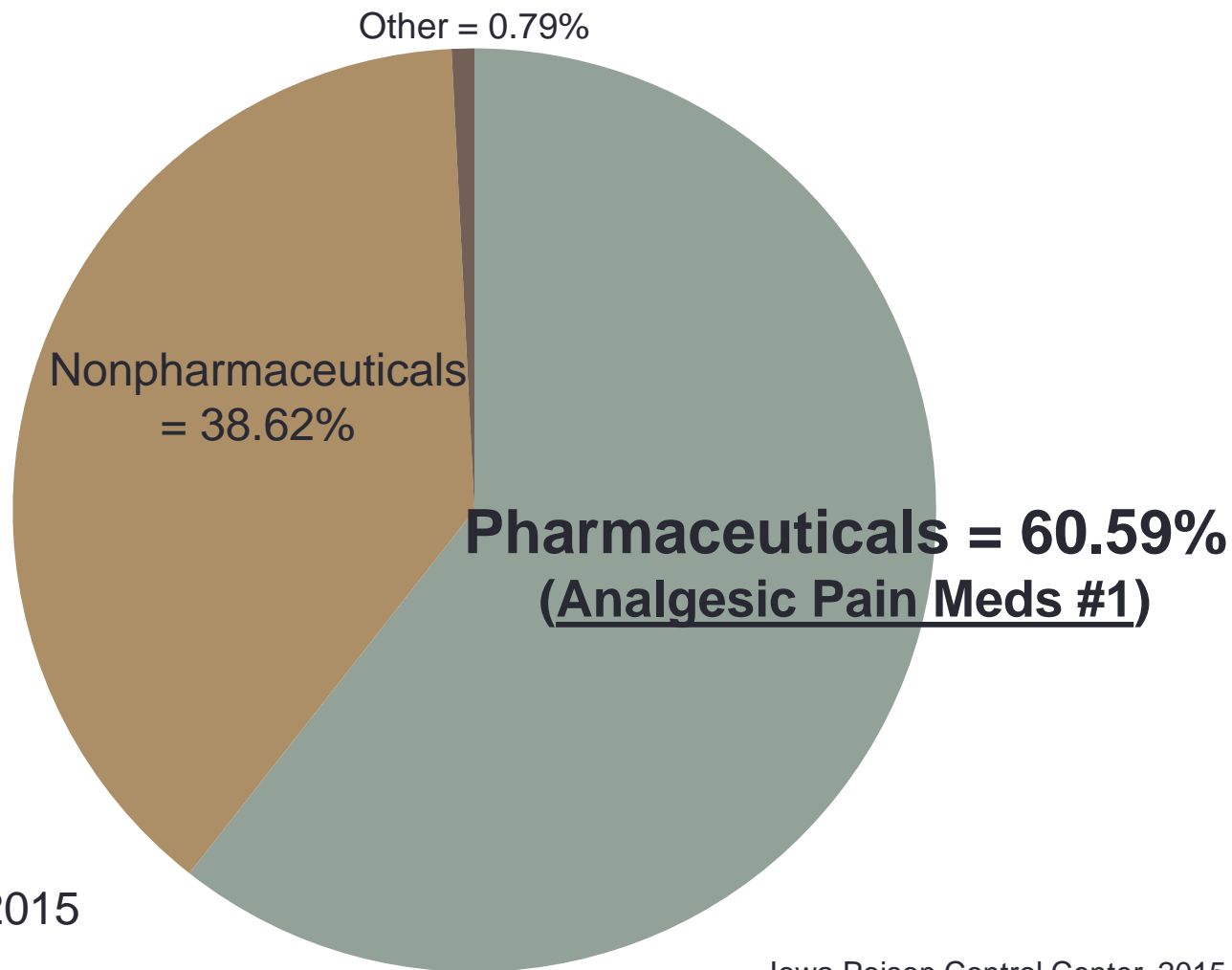
Poison Center: *Public “Help” Calls*

Exposure, ID & Info Calls re: Painkillers Hydrocodone & Oxycodone



Iowa Poison Center Toxic Exposure Calls

All Substances



January-July 2015

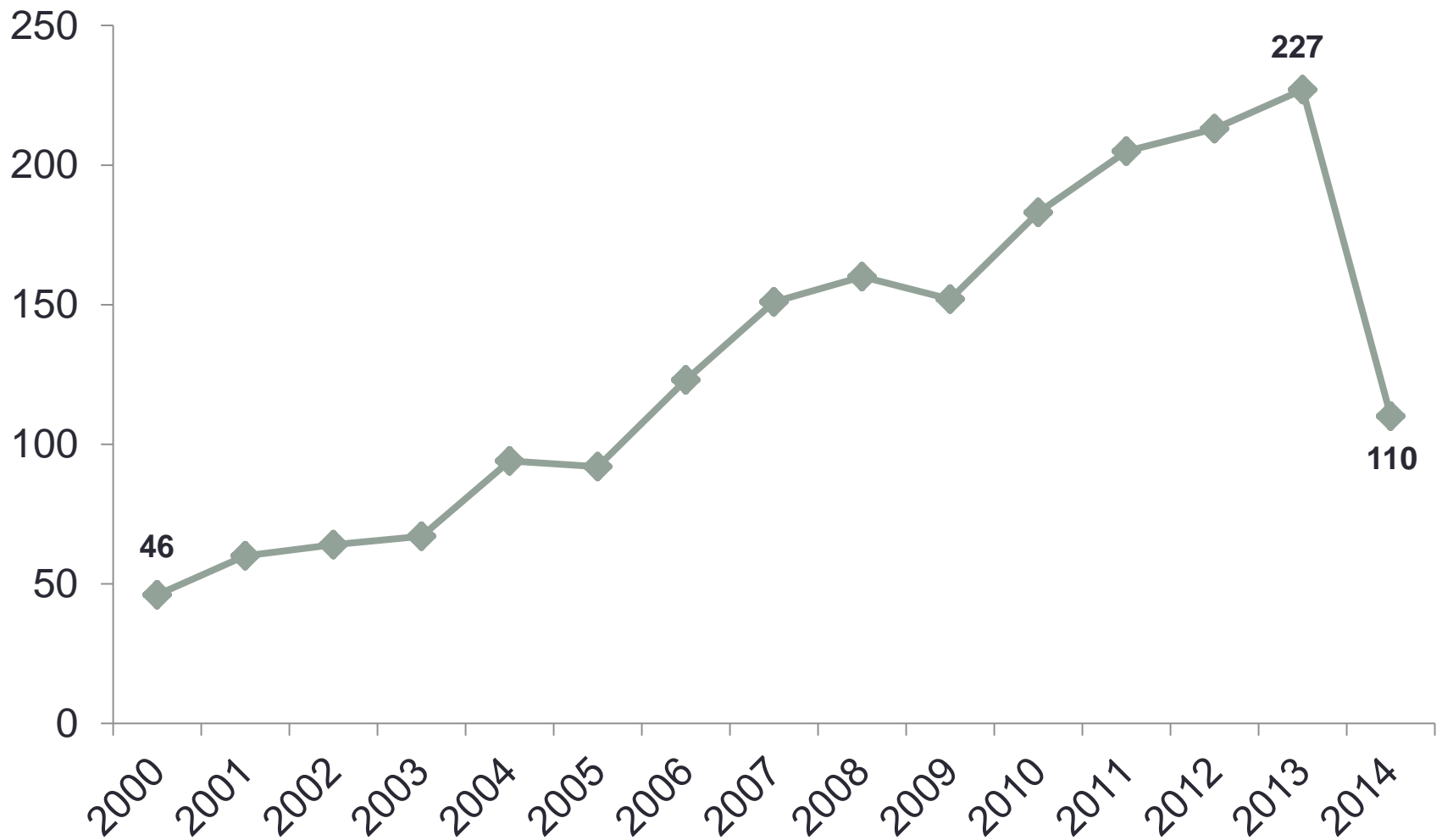
Iowa Poison Control Center, 2015

Controlled Prescription Drug Seizures

In Dosage Units by Iowa Division of Narcotics Enforcement Agents

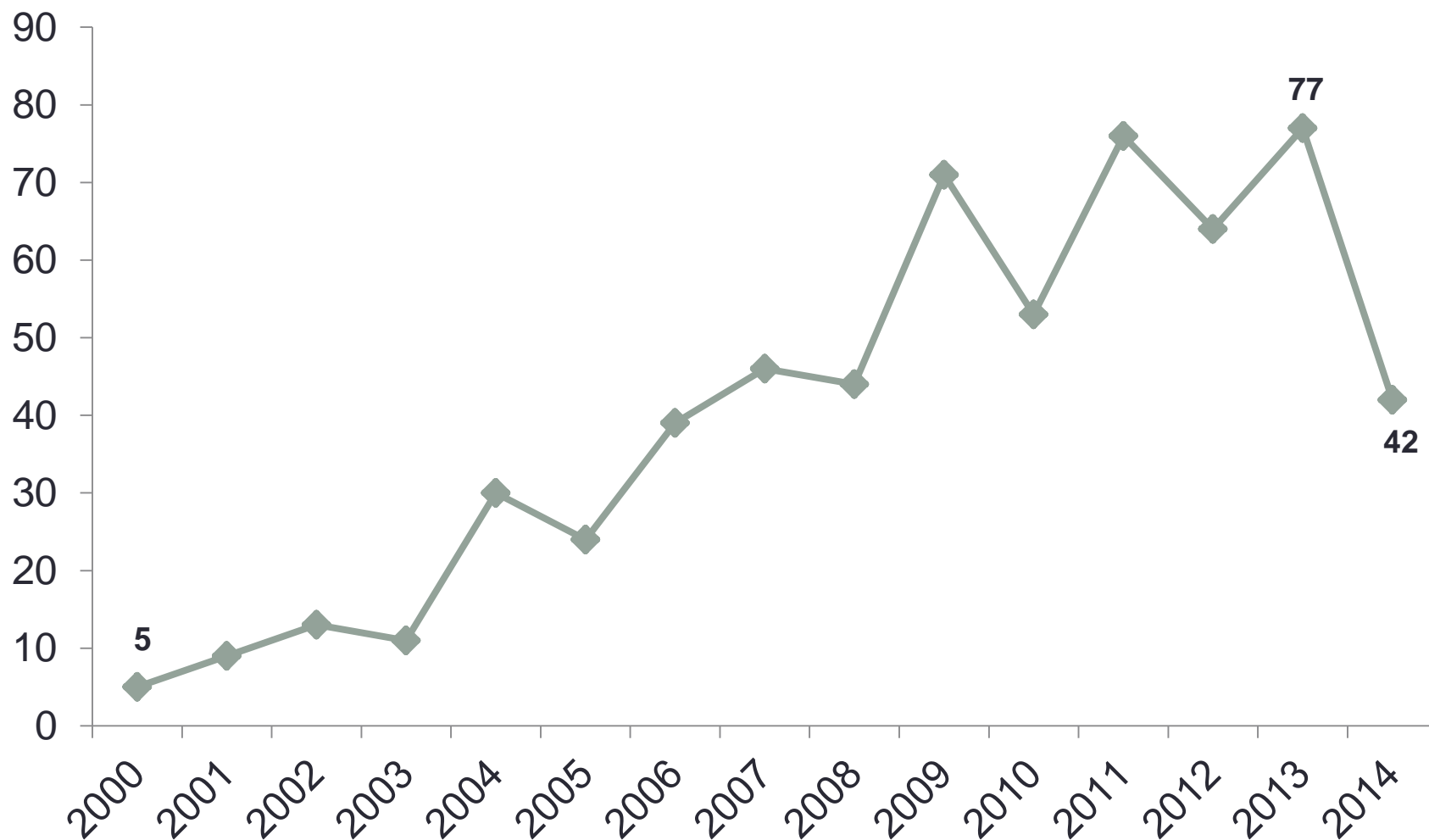


Iowa Drug-Related OD Deaths: *All Drugs*

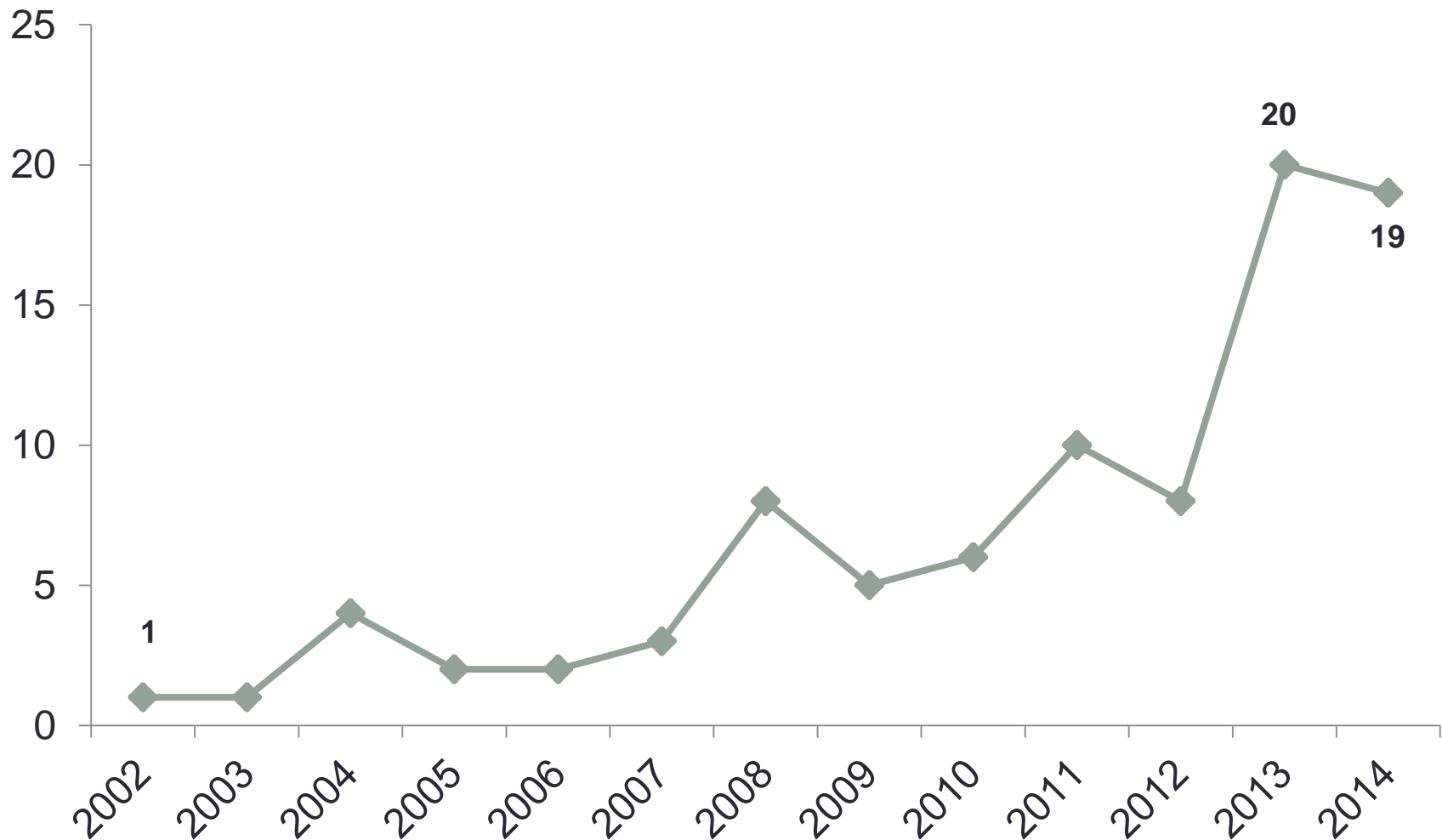


Iowa Drug-Related OD Deaths: *Pain Relievers*

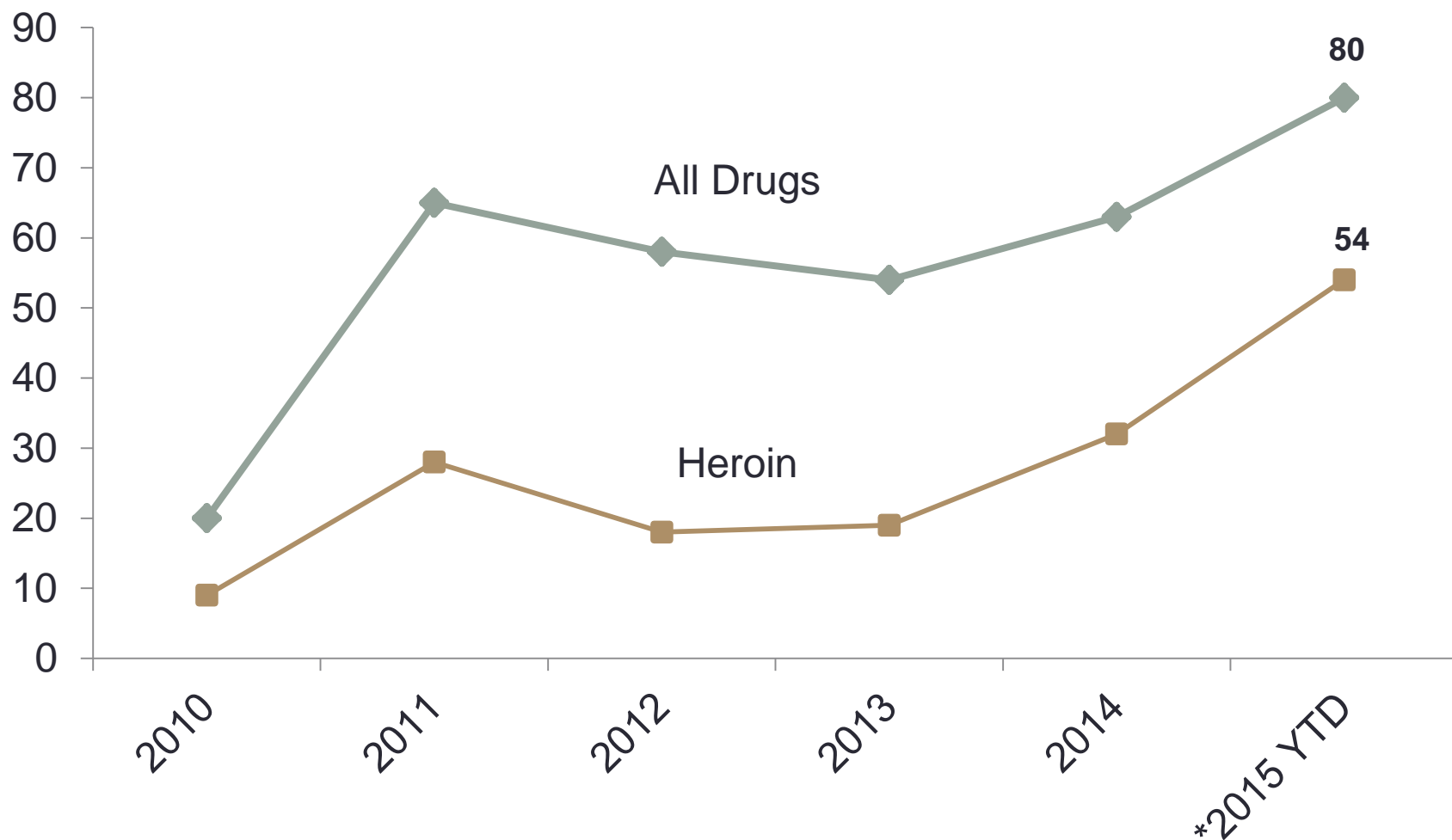
Rx Methadone, Other Opioids & Other Synthetic Narcotics



Iowa Drug-Related Overdose Deaths: *Heroin*



Drug-Related OD Incidents: *Cedar Rapids*



Heroin Seizures


In Grams by Iowa Division of Narcotics Enforcement Agents



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The heroin epidemic: 'It's going to get worse and worse'

Cedar Rapids saw 44 heroin-related overdoses so far this year

Lee Hermiston, The Gazette

AUGUST 23, 2015 | 5:00 AM

CEDAR RAPIDS — One narcotics law enforcement officer says taking heroin is similar to grabbing a loaded gun and spinning the chamber.

Even worse, he added, heroin use is spreading in Iowa, and its deadly reach is likely to continue to grow.

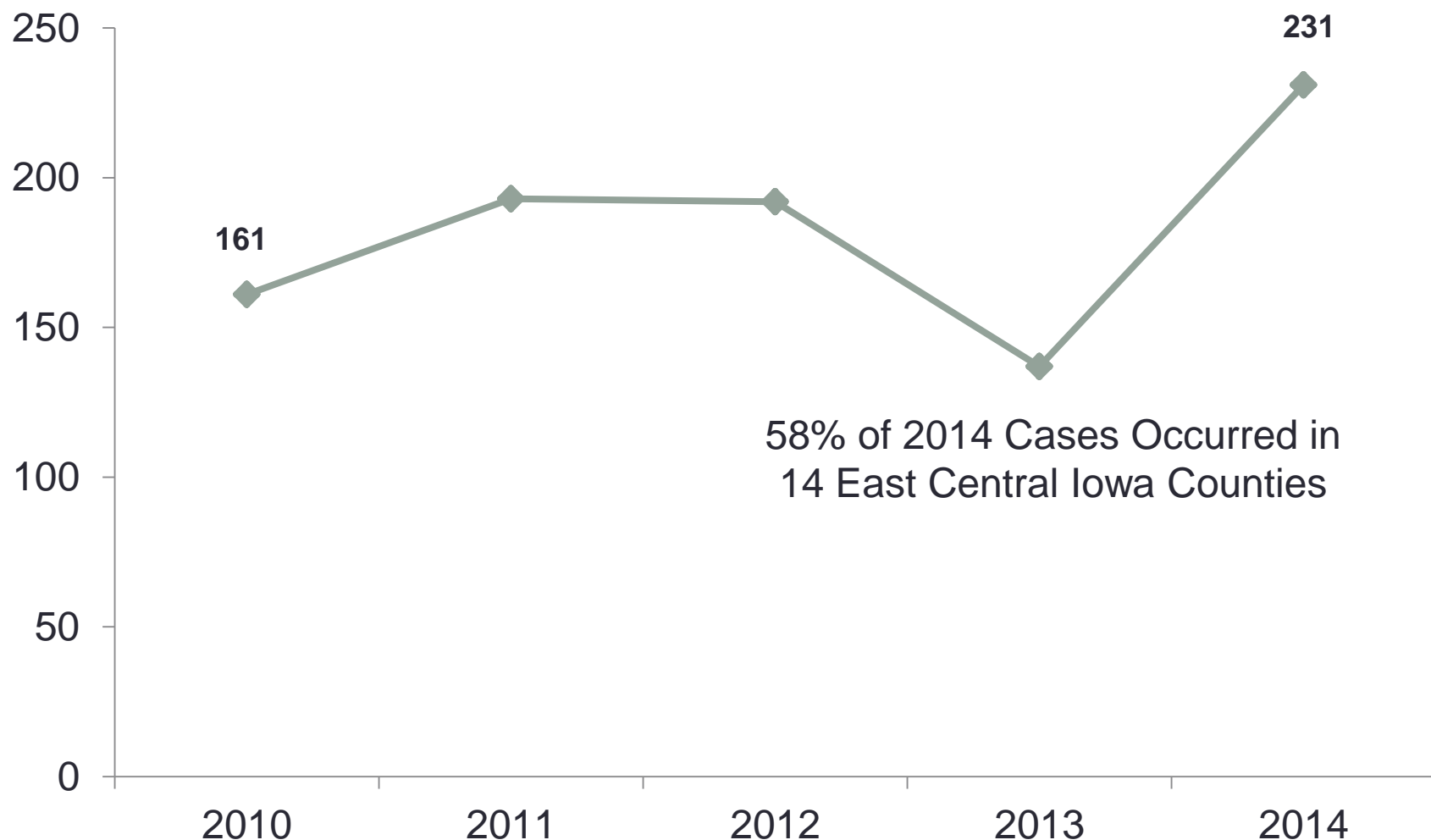
Heroin overdoses, for example, have surged in Cedar Rapids in the past five years.

In 2009, authorities responded to nine reported heroin-related deaths and non-fatal overdoses, which represented 45 percent of all overdoses in Cedar Rapids.



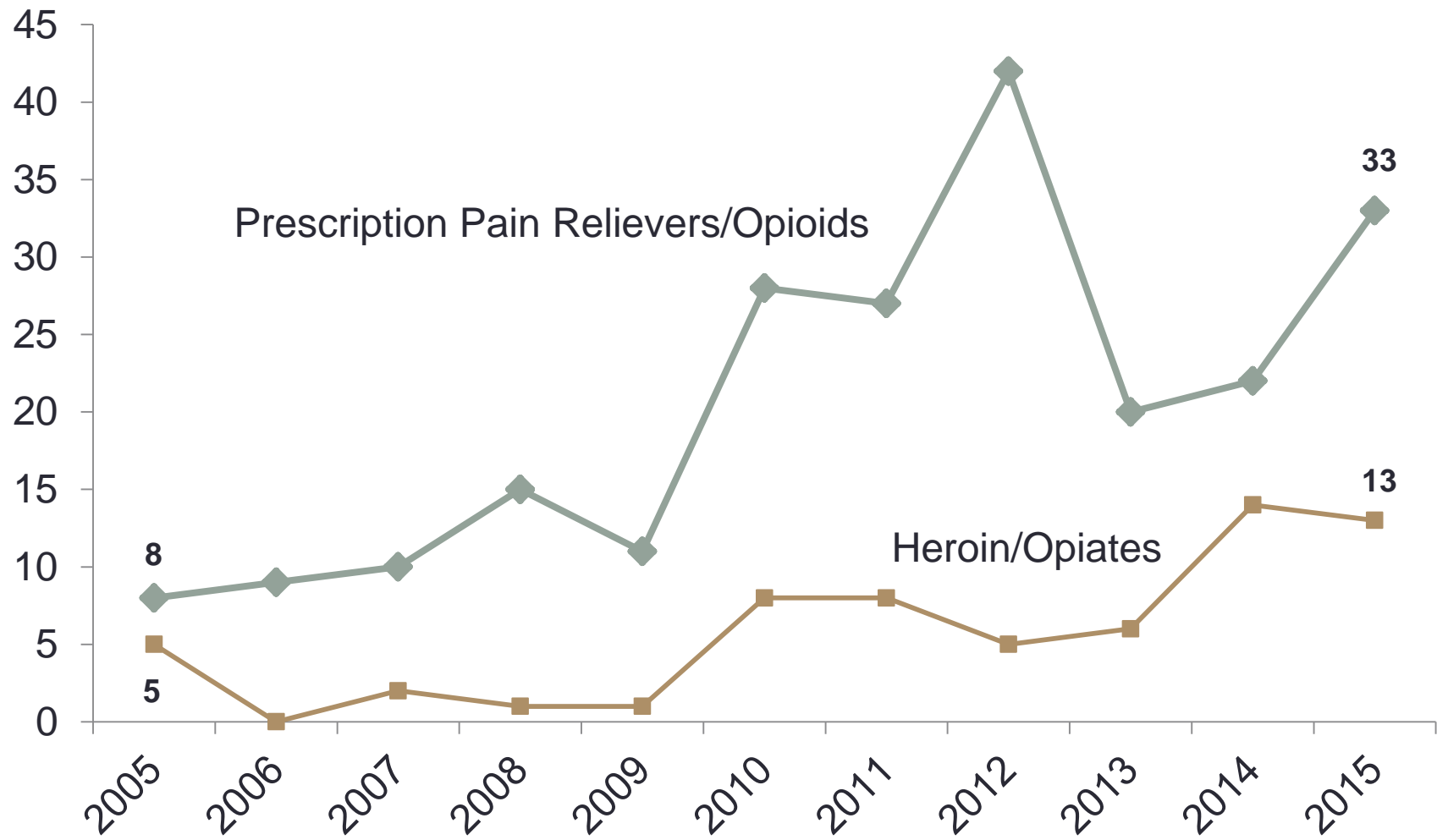
Naloxone Use by Iowa EMS Providers

Times Administered



Iowa Drug-Related Prison Admissions

Primary Drug Involved



Rx Abuse: Teen Behavior

- 1 in 4 teens (24%) reports having misused or abused a prescription drug at least once in their lifetime.
- Of those kids who said they abused prescription medications, 1 in 5 (20%) has done so before age 14.
- Almost 1 in 4 teens (23%) say their parents don't care as much if they are caught using prescription drugs without a doctor's prescription, compared to getting caught with illegal drugs.

Rx Abuse: Teen Attitudes

- One-third of teens (33%) say they believe “it’s okay to use prescription drugs that were not prescribed to them to deal with an injury, illness, or physical pain.”
- 1 in 5 teens (20%) says prescription pain relievers are not addictive.
- More than a quarter of teens (27%) mistakenly believe that misusing & abusing prescription drugs is safer than using street drugs.
- 1 in 4 teens (25%) says there is little or no risk in using prescription pain relievers without a prescription.

Rx Abuse: Parent Attitudes & Behavior

- 29% of parents say they believe ADHD medication can improve a child's academic or testing performance, even if the teen does not have ADHD.
- 1 in 6 parents (16%) believes that using prescription drugs to get high is safer than using street drugs.
- Teens say parents do not discuss prescription drug misuse or abuse with them as frequently as other drug use.
- 1 in 5 parents (20%) report that they have given their teen a prescription drug that was not prescribed for them.
- 17% of parents do not throw away expired medications, & 14% say they have misused or abused prescription drugs in the last year.

Online Drug Awareness

The image displays two web pages side-by-side. The left page is the 'Bluelight - The Front Page' forum. It features a navigation bar with links like Home, Forum, What's New?, and Wiki. A search bar is at the top right. Below the navigation bar, there's a section for 'The Front Page' with a message about registering. A 'Features' sidebar lists links to the Bluelight Wiki, Blogs, Mobile, Staff List, and Twitter. A 'Forums' sidebar lists various discussion topics like Focus Forums, Drug FAQs, Ecstasy, Cannabis, Steroid, Psychedelic, and Other Drugs. The right page is the Erowid website, titled 'The Vaults of Erowid'. It has a dark, atmospheric background with a figure in a lab coat and a large mushroom. The text on the page reads 'Documenting the Complex Relationship between Humans and Psychoactives'. Navigation links at the top right include 'About Erowid', 'What's New?', 'Donations', and 'Search'.

Bluelight - The Front Page

www.bluelight.ru/vb/?sty Search

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Home Forum What's New? Wiki

The Front Page

If this is your first visit, be sure to check out the **FAQ**.

You may have to **register** before you can post: click the register link above to begin. To start viewing messages, select the forum that you want to visit from the list below.

Features

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Drugs	North & South American Social & Drug Discussion
Other Drugs	North & South American Events
Drug Discussion	Pillreports.com
Drug Studies	Pillreports
Drugs in the Media	Pillreports
Basic Drug Discussion	Discussion
Advanced Drug Discussion	The Dark Side
Discussion	Trip Reports
The Dark Side	Drug Culture
Trip Reports	
Drug Culture	

The Vaults of Erowid

Documenting the Complex Relationship between Humans and Psychoactives

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Ease of Access & Perceptions of Safety



Classmates hospitalized after sharing medication

The Hoyt Middle School students had taken the unidentified drug at school. Teachers noticed their odd behavior.

Girl's overdose should be 'lesson,' stepfather says

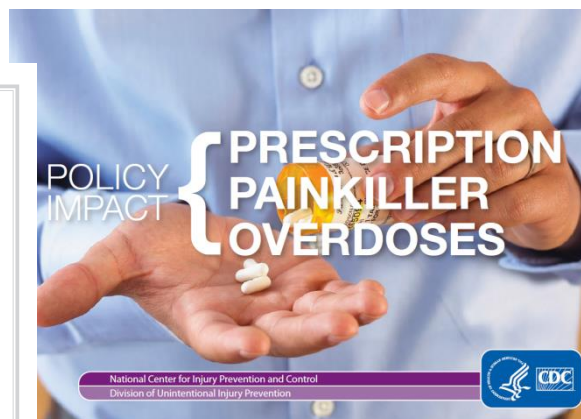
She and four other Des Moines middle-schoolers took a parent's prescription drug; one of them remains hospitalized.



Response to Reduce Rx Abuse

EPIDEMIC: RESPONDING TO AMERICA'S PRESCRIPTION DRUG ABUSE CRISIS

2011



Addressing Prescription Drug Abuse in the United States *Current Activities and Future Opportunities*

Developed by the Behavioral Health Coordinating Committee
Prescription Drug Abuse Subcommittee
U.S. Department of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201



Reducing Prescription Drug Abuse in Iowa

A State Strategy

January 5, 2012

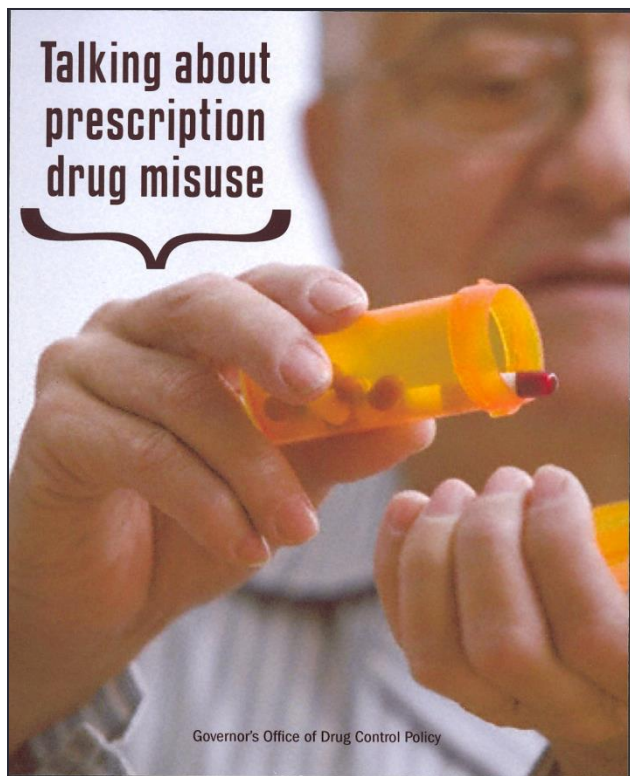
Presented by the
Governor's Office of Drug Control Policy (ODCP)
502 E. 9th Street, 1st Floor
Des Moines, Iowa 50319
(515) 725-0300
Web: www.iowa.gov/odcp



The Iowa Plan

- Education & Intervention
 - Media campaigns; student & parent materials; continuing education for health care professionals & medical students; substance abuse helpline
- Secure Storage & Safe Disposal
 - Take Backs & Take Aways; more user-friendly disposal methods; management of home medicines & medicine cabinets at home
- Monitoring
 - PMP enhancements, including: enhanced reporting; easier & faster process; greater info sharing; training; increased utilization
- Enforcement
 - Training on investigating Rx diversion, including using the PMP as a tool

Rx Abuse Prevention = Heroin Prevention



Medicine Cabinets: Easy Access

- More than half of teens (56%) indicate that it's easy to get prescription drugs from their parent's medicine cabinet
- Half of parents (49%) say anyone can access their medicine cabinet
- More than four in 10 teens (42%) who have misused or abused a prescription drug obtained it from their parent's medicine cabinet
- Almost half (49%) of teens who misuse or abuse prescription medicines obtained them from a friend

Safe Medicine Disposal



National Take-Back Events: Special take-back events are a good way to remove expired, unwanted, or unused medicines from the home.

Law Enforcement Collection: A growing number of law enforcement agencies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs on an ongoing basis via secure drop-off boxes.



Pharmacy Collection: Some pharmacies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs from patients.

Disposal in Household Trash: You may carefully mix medicines with substances such as kitty litter or used coffee grounds and place them in a container such as a sealed plastic bag to throw in your household trash.

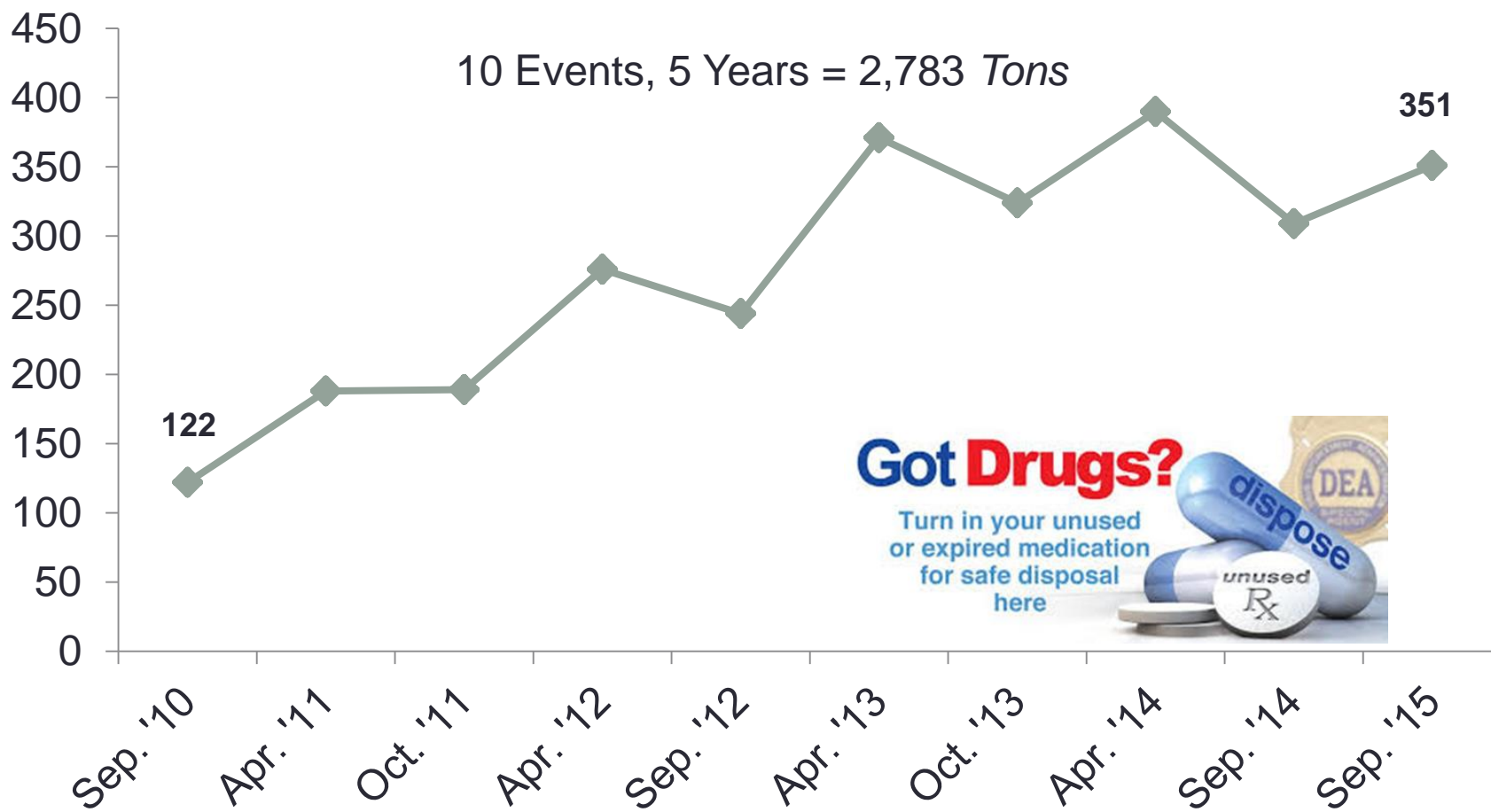


Disposal by Flushing: A few medicines have specific instructions to flush them down the sink or toilet when they are no longer needed.



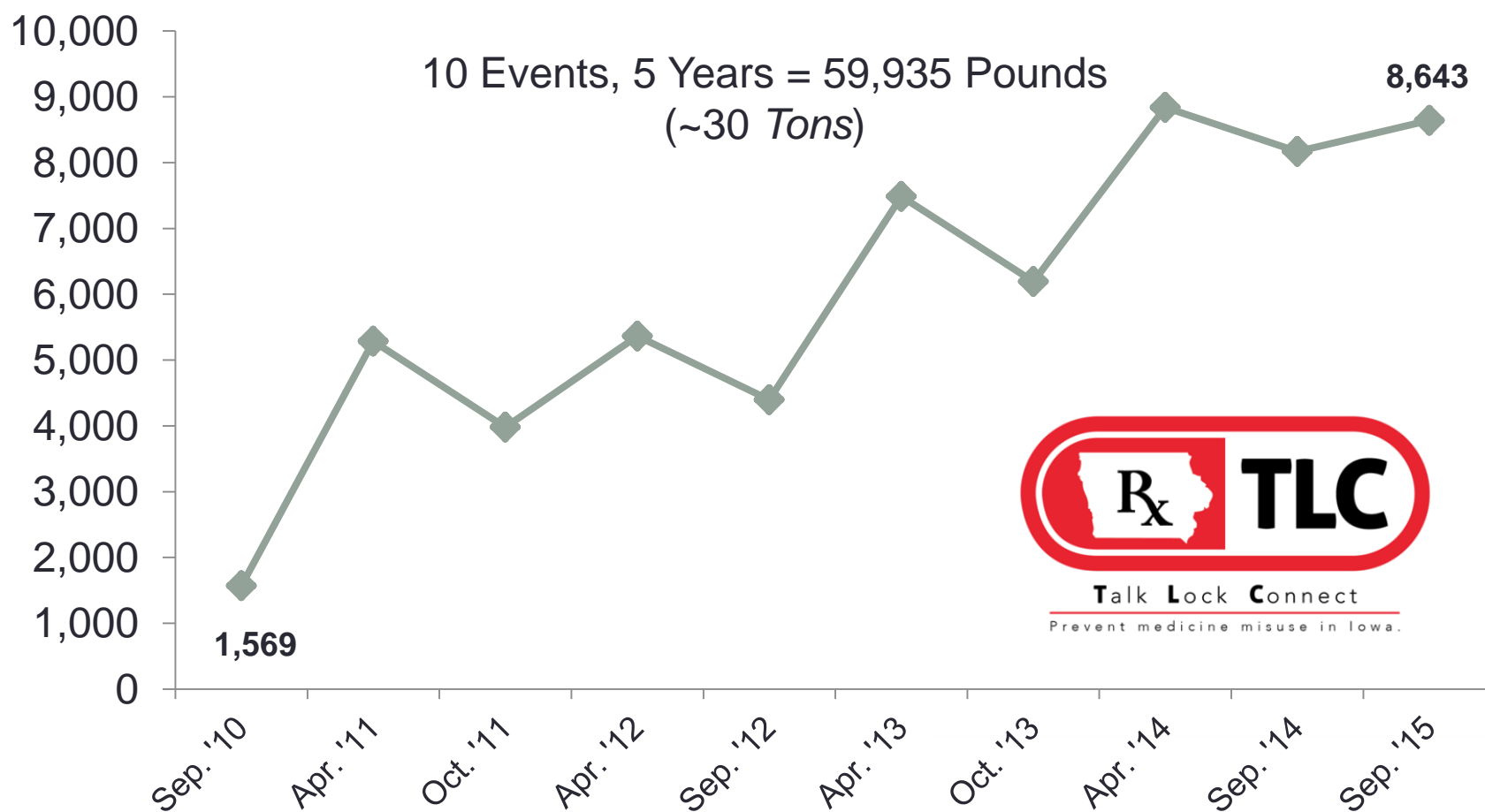
U.S. “Take-Back” Initiative

Amount (in Tons) of Rx Drugs Collected



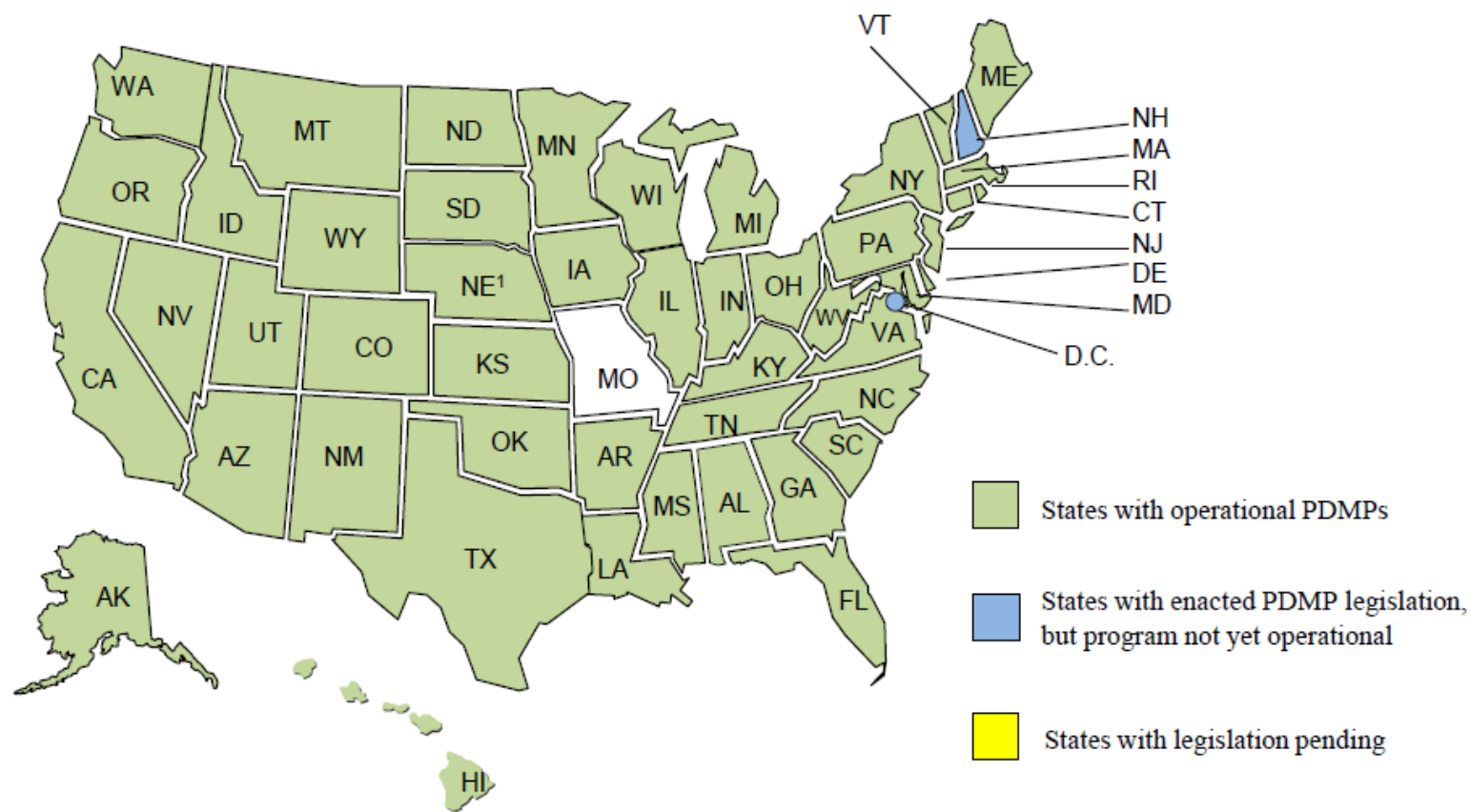
Iowa “Take-Back” Initiative

Amount (in Pounds) of Rx Drugs Collected





State Prescription Monitoring Programs



Iowa PMP: *Summary*

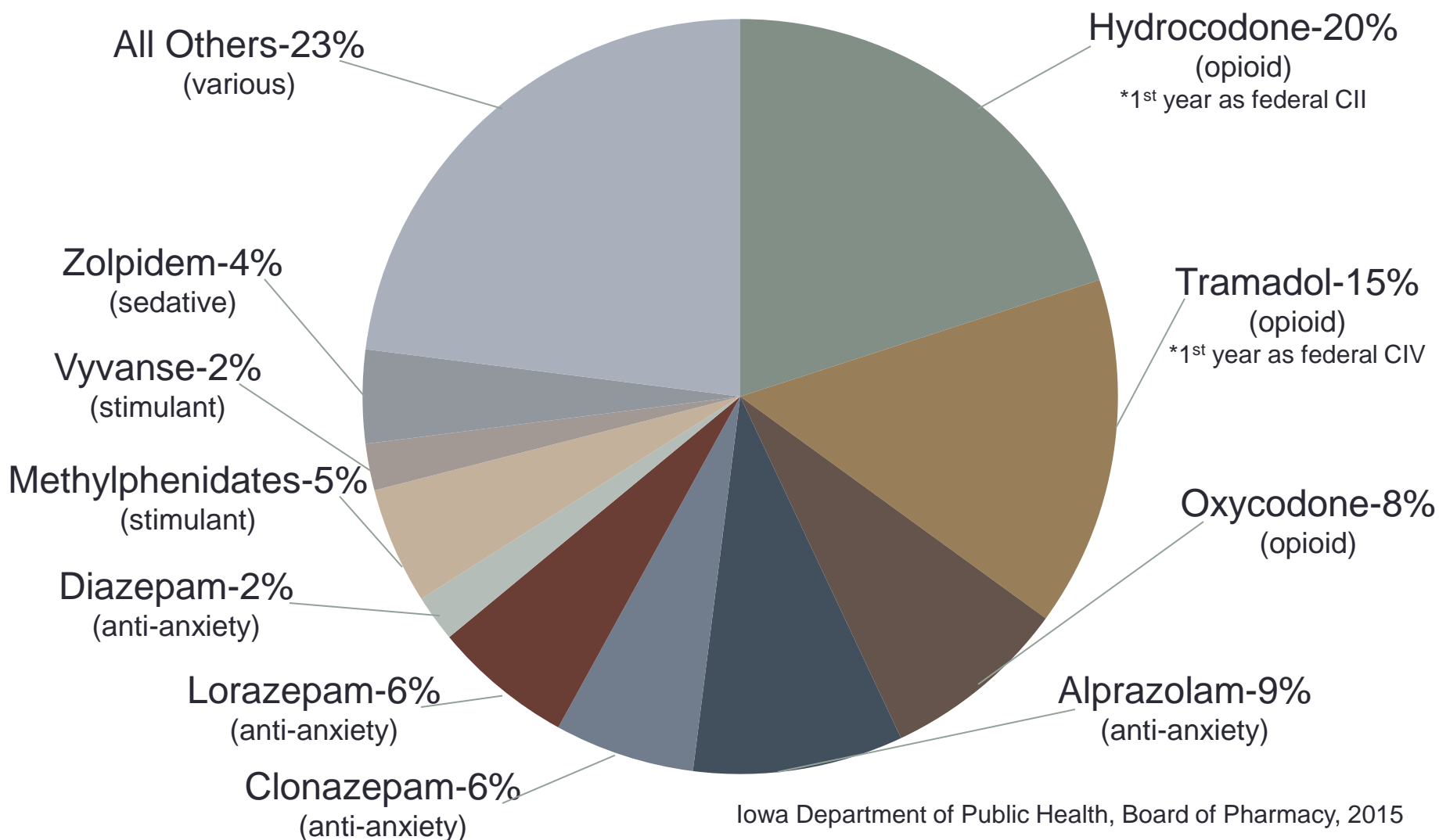
Prescription Monitoring Program

- Emphasis on patient health care & privacy since 2009
- All pharmacies must report all Schedule II, III & IV CSs dispensed within 7 days
- PMP queries by pharmacies & prescribers voluntary
- Access may be delegated to registered agents
- Law enforcement & regulator PMP access requires “probable cause”
- Limited interstate sharing/connectivity

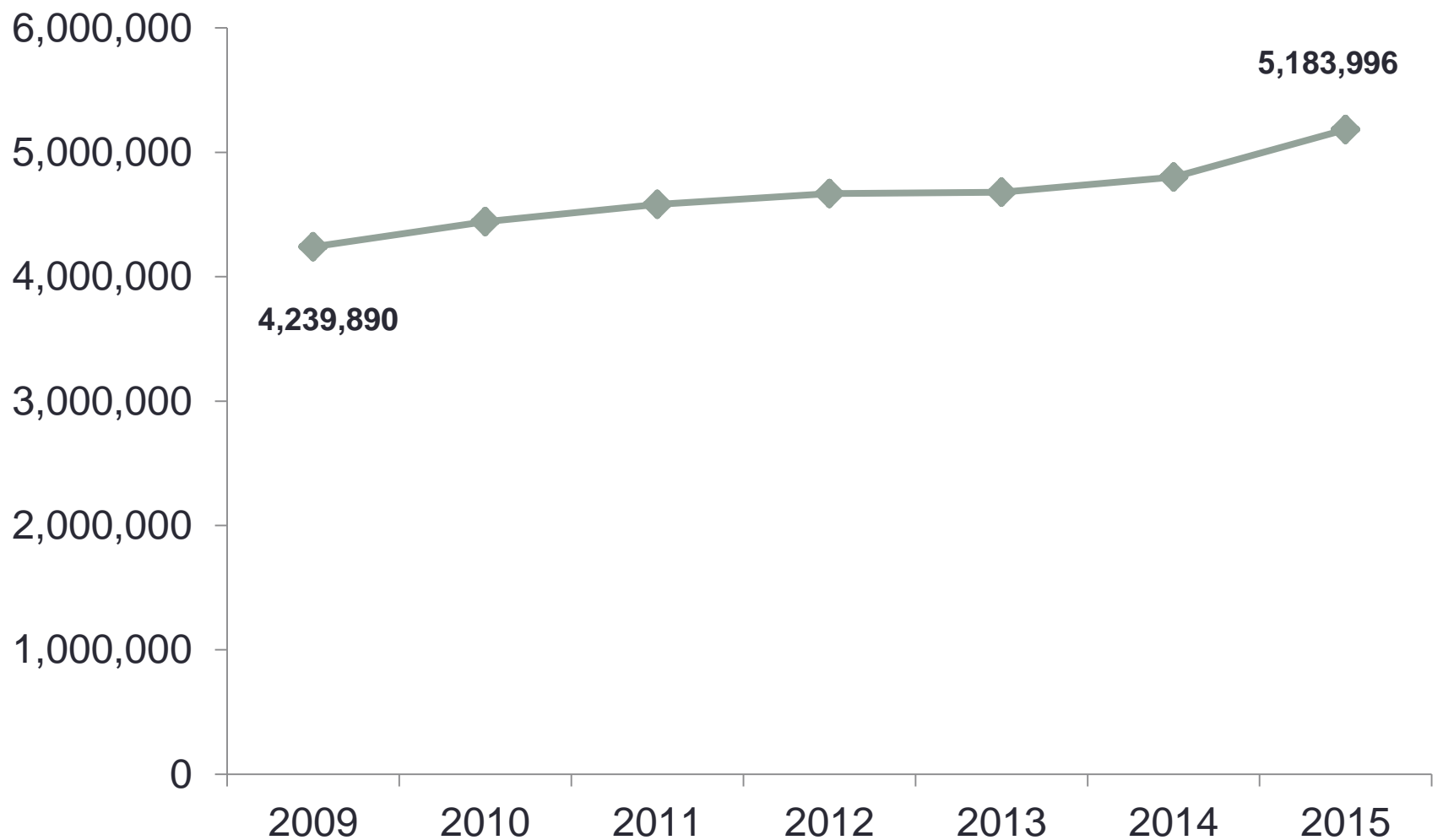
Iowa PMP: *Results*

- No adverse impacts on prescribing or dispensing (prescriptions & doses continue increasing)
- Prescriber, pharmacy, regulator & law enforcement utilization/consultation rates slowly increasing
- PMP appears to be working to detect & deter “doctor shopping,” with future potential benefits even greater
- Perception of PMP slowly evolving from “useful option” to essential tool, though many still not aware

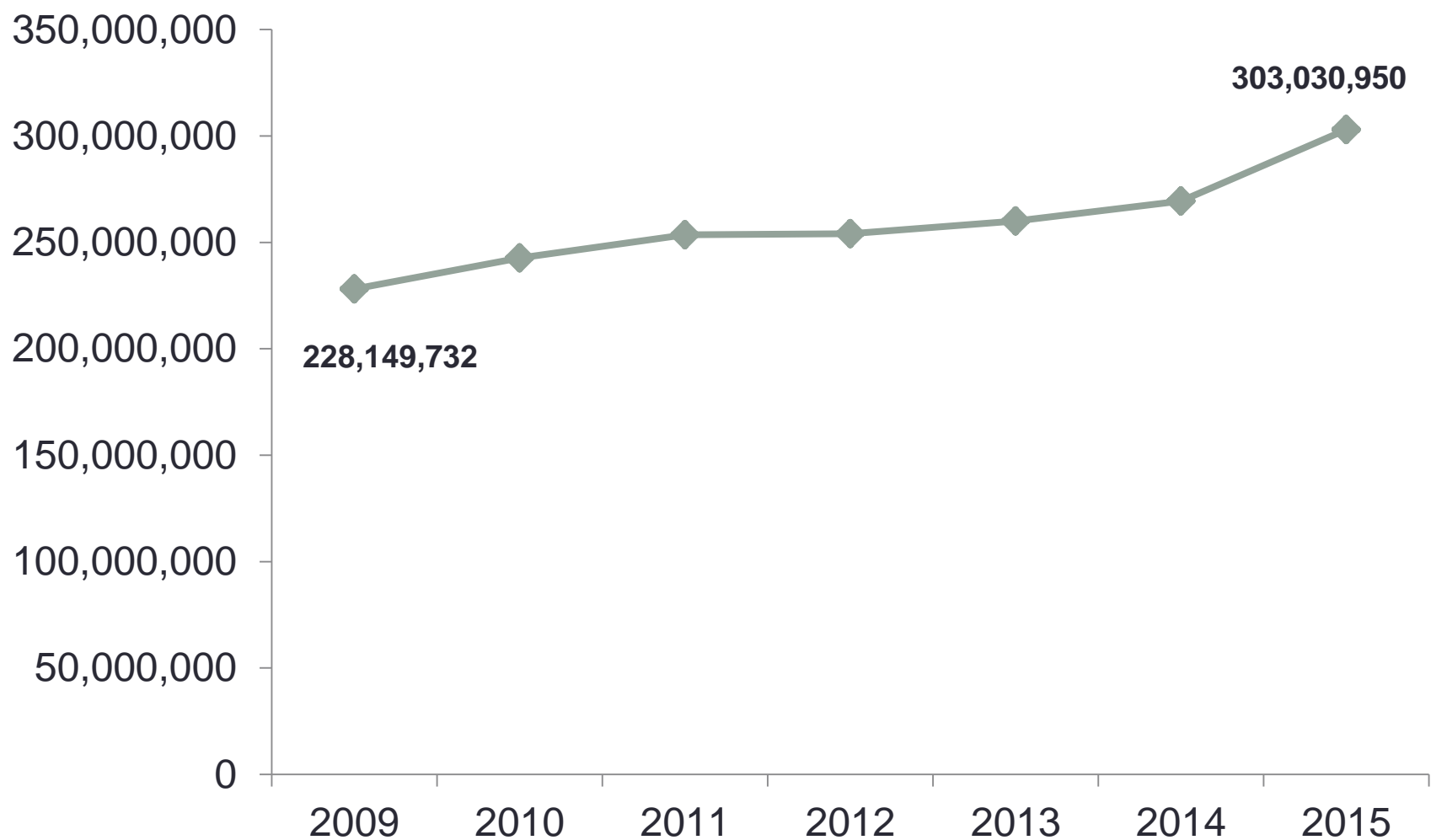
Iowa PMP: *Most Prescribed CII-CIVs*



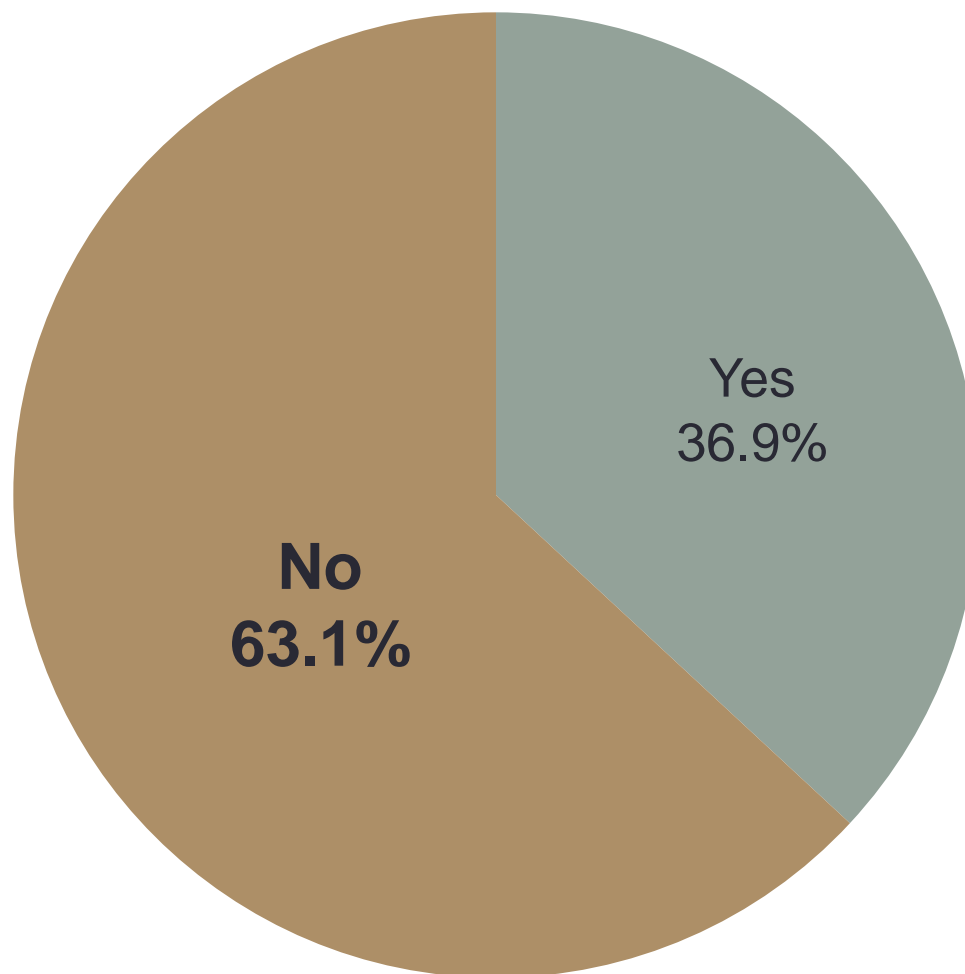
Iowa PMP: *Total Prescriptions Dispensed*



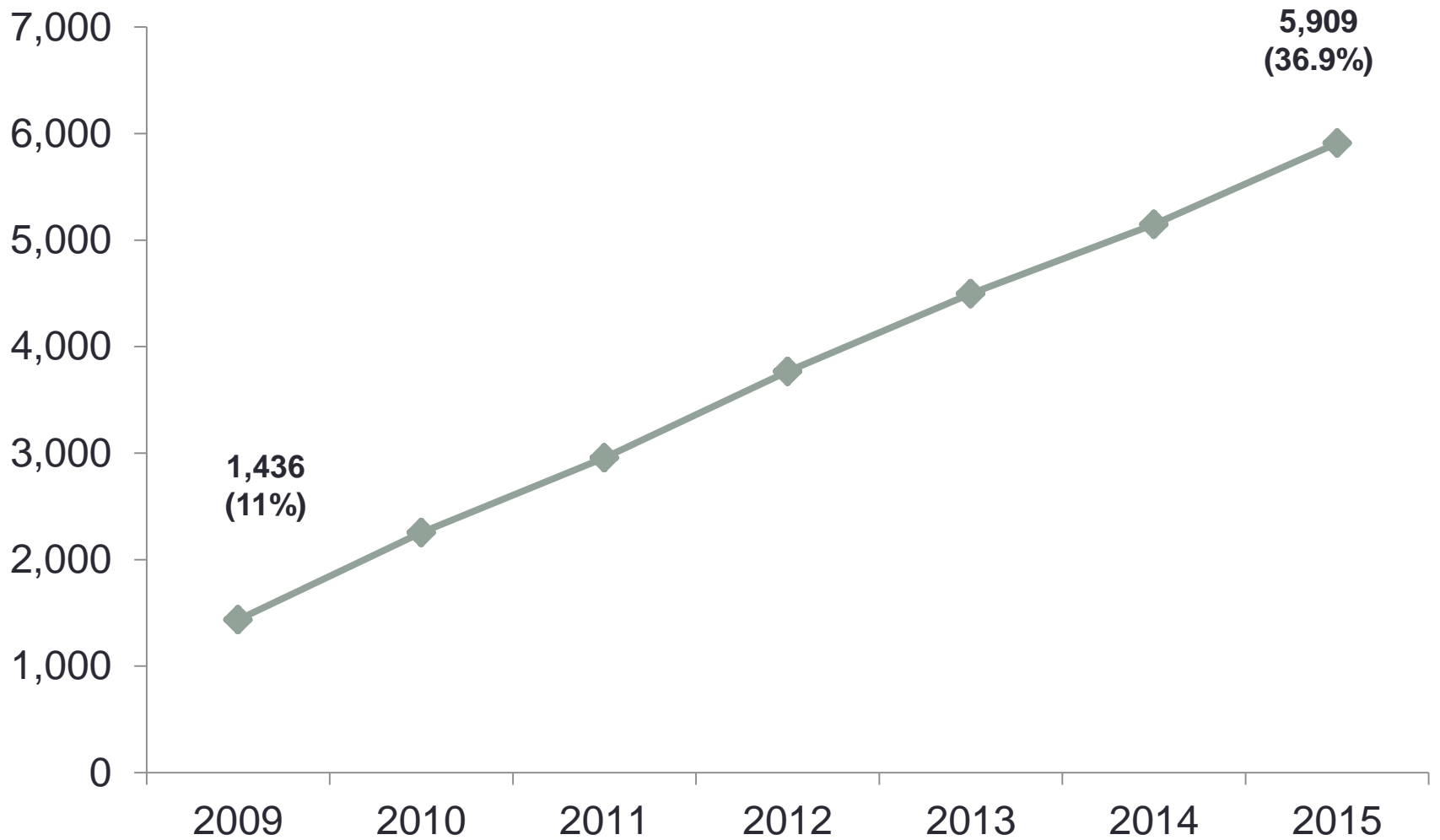
Iowa PMP: *Prescription Doses Dispensed*



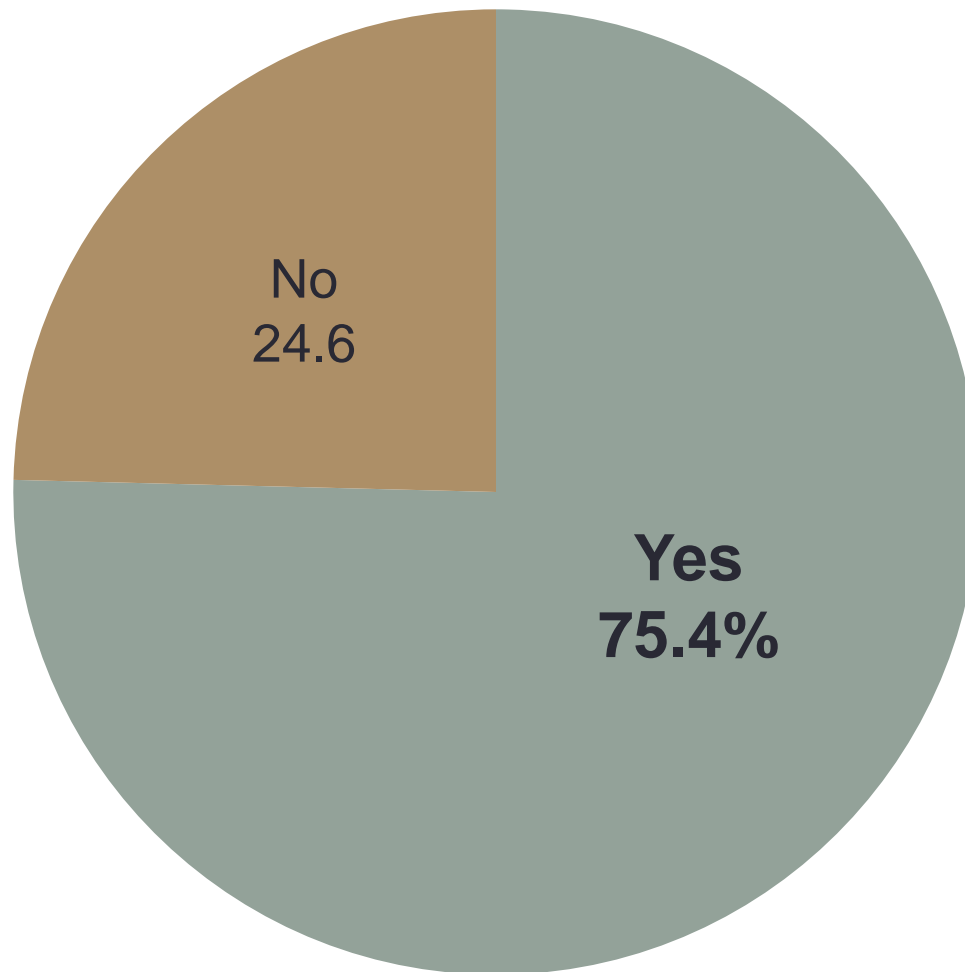
Iowa PMP: *Prescribers Registered*



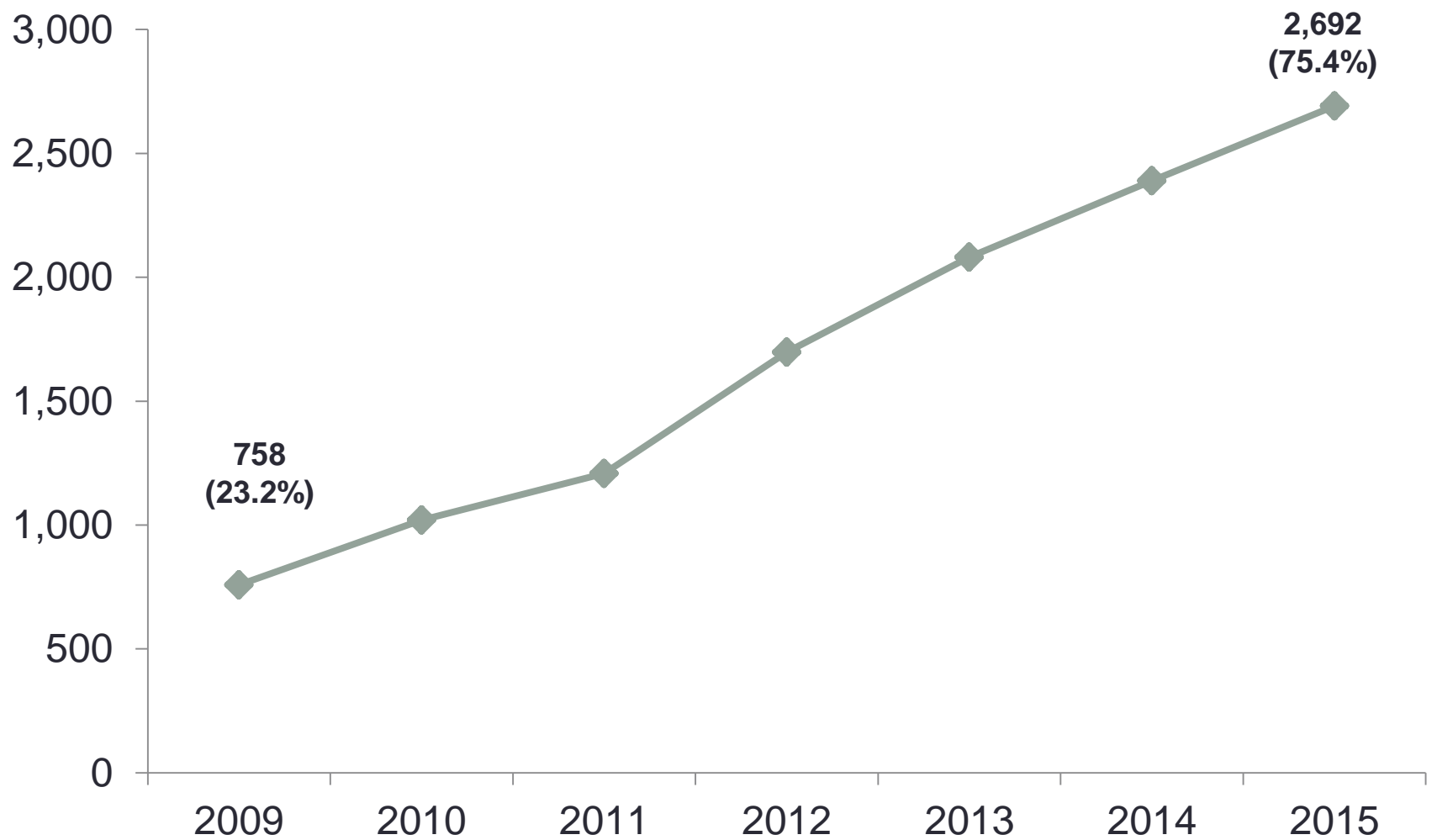
Iowa PMP: *Prescribers Registered*



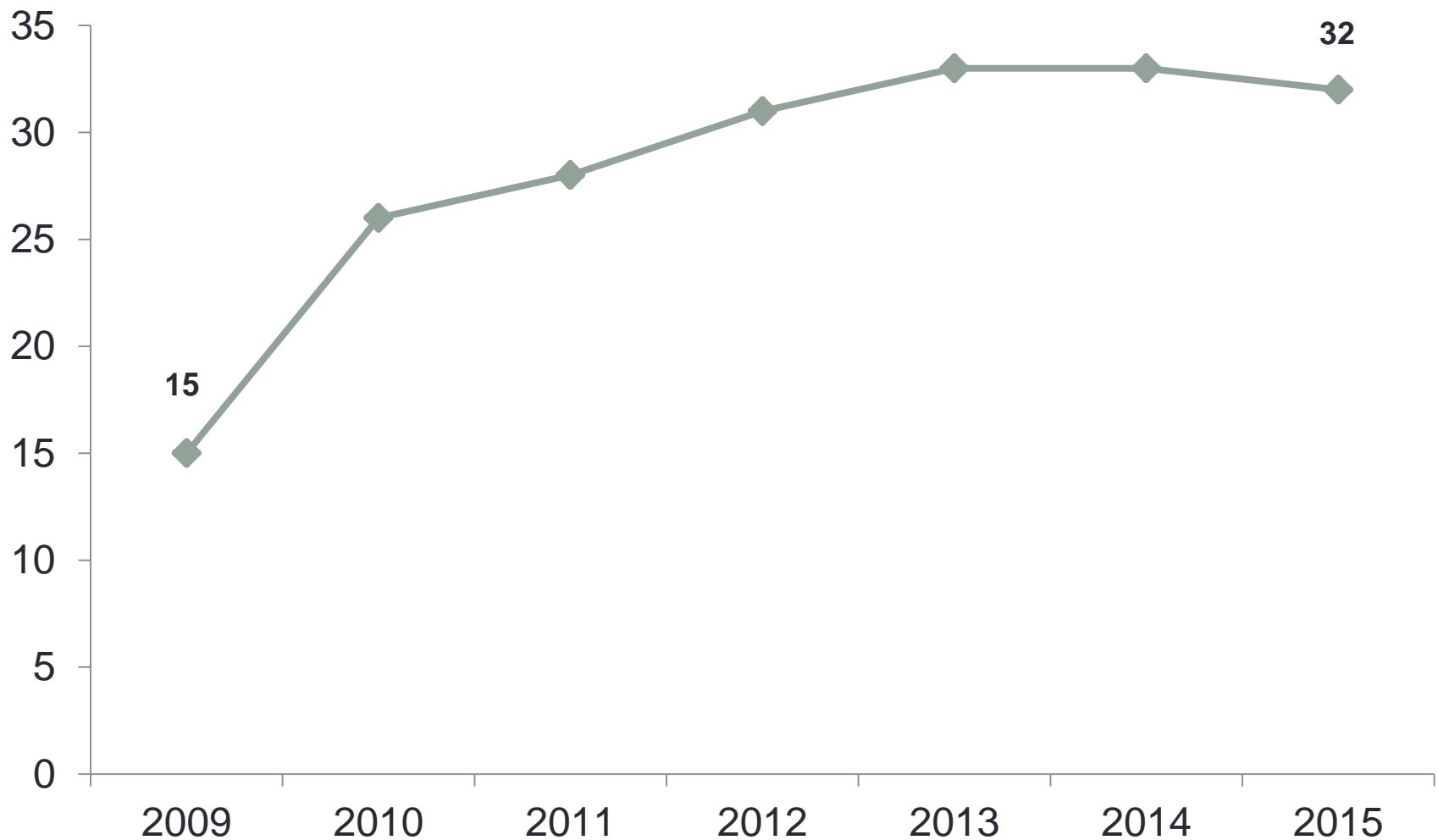
Iowa PMP: *Pharmacists Registered*



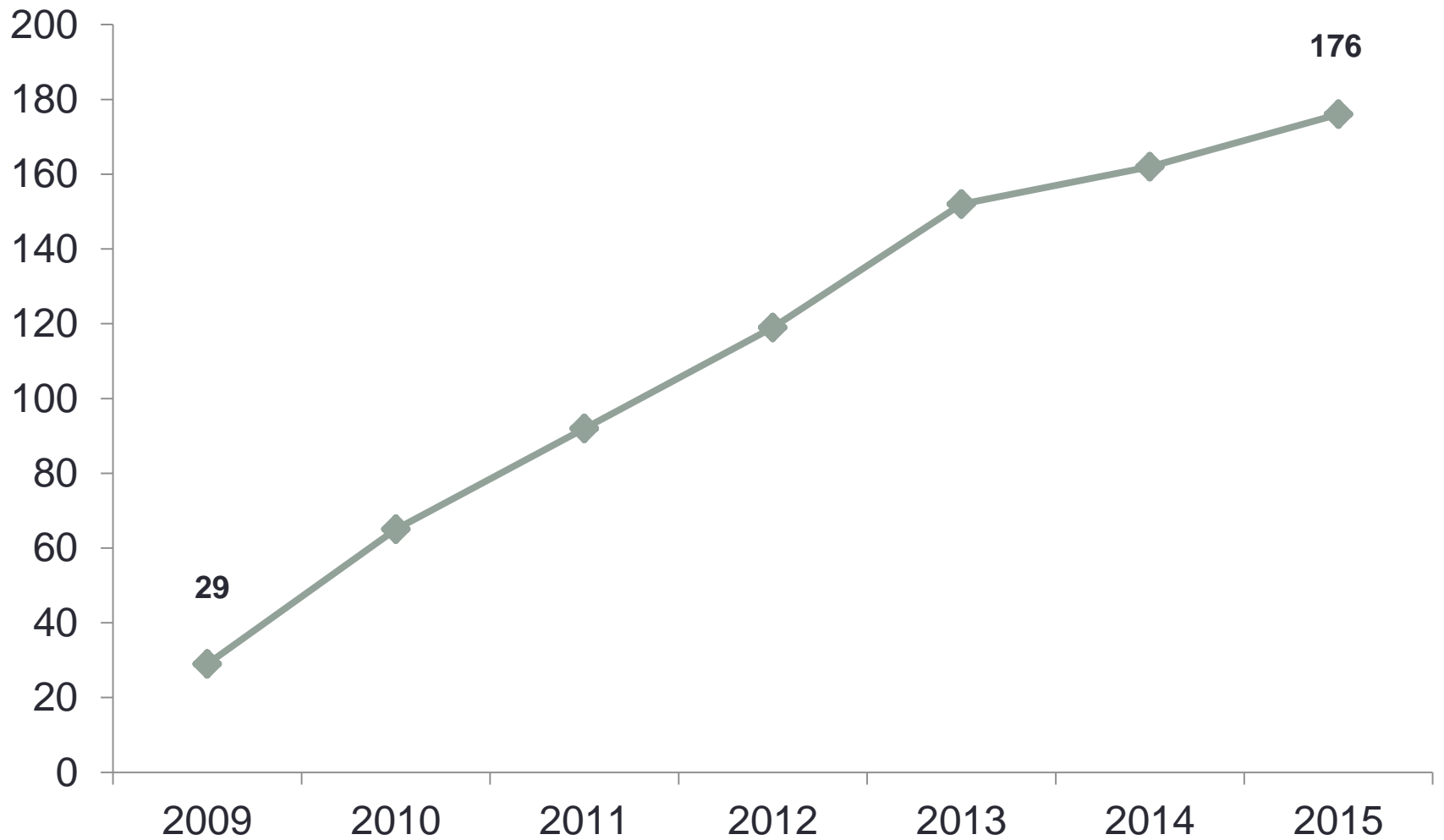
Iowa PMP: *Pharmacists Registered*



Iowa PMP: *Regulators Registered*

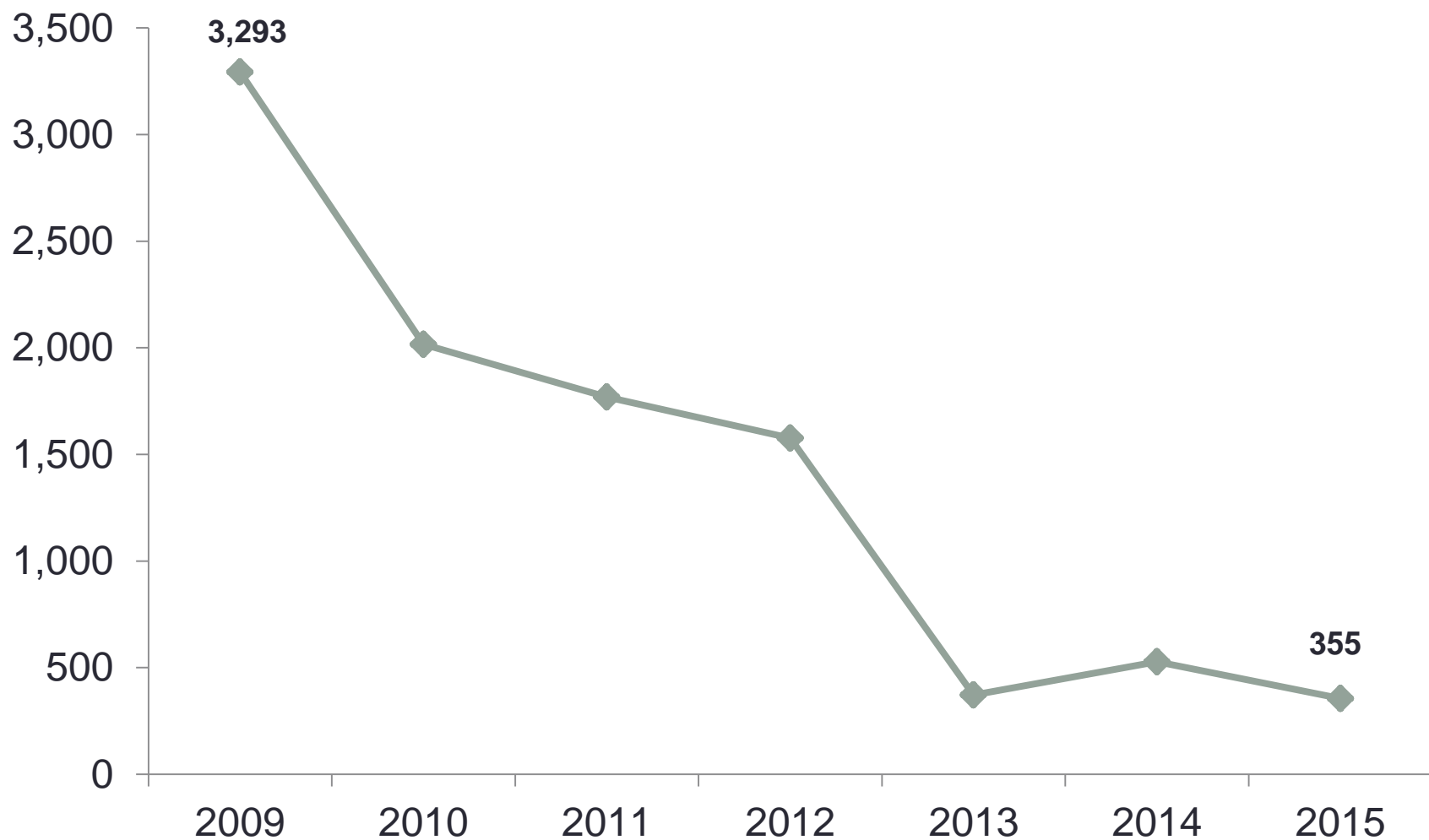


Iowa PMP: *Law Enforcement Registered*



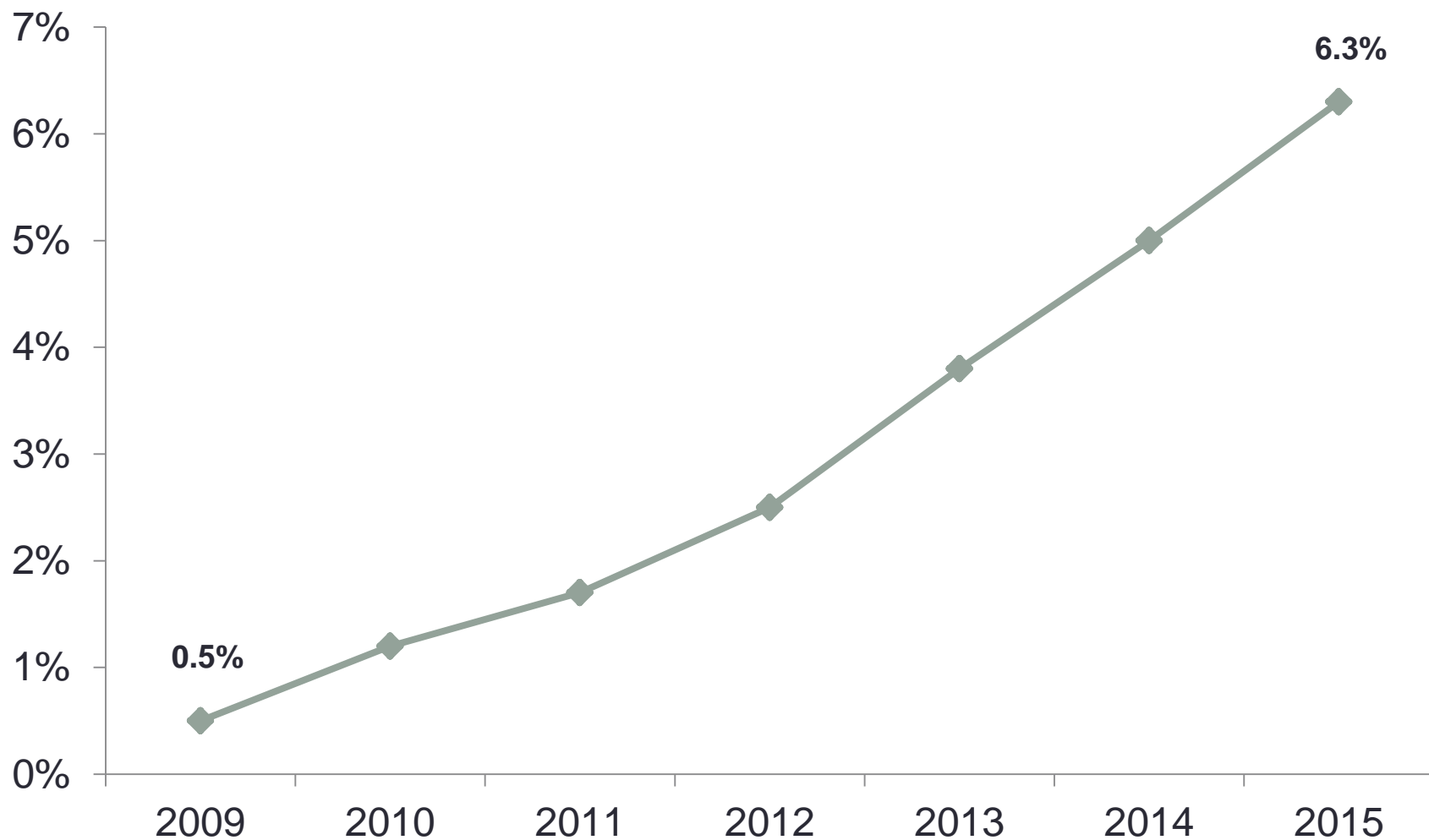
Iowa PMP: “*Doctor Shopping?*”

Patients Receiving C II, III & IVs from 5 or More Prescribers or Pharmacies



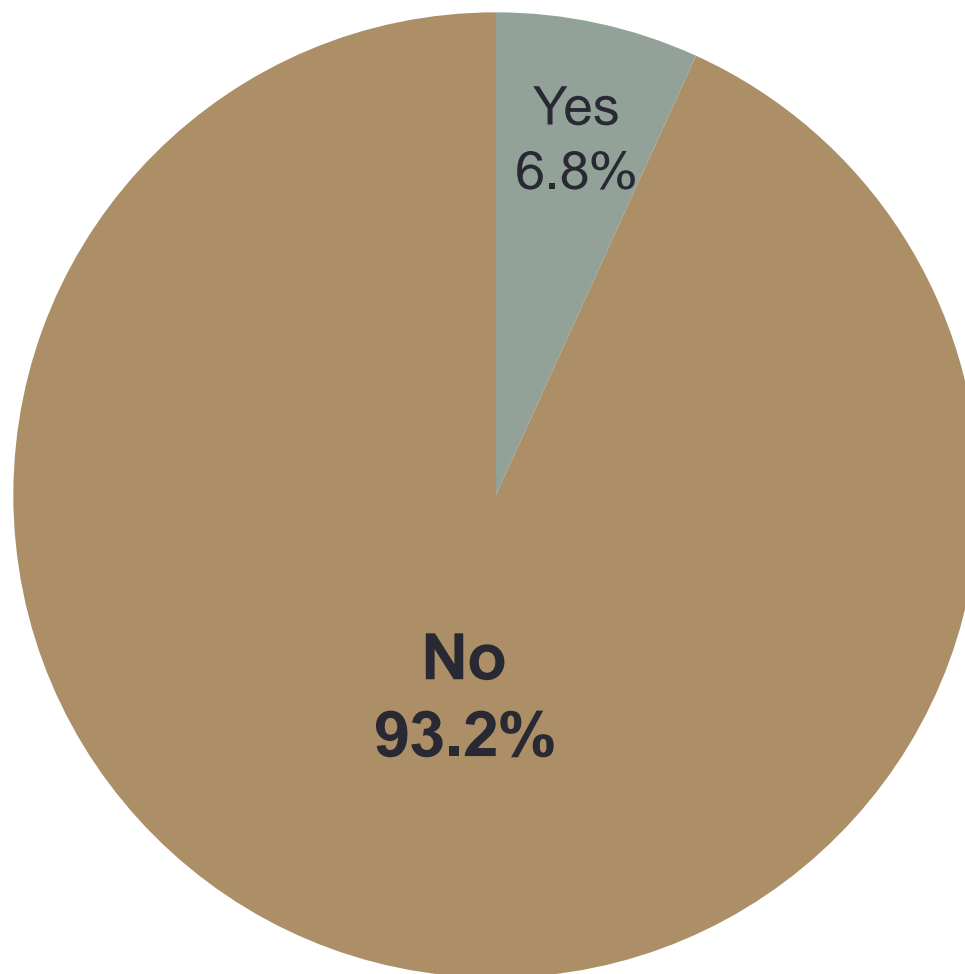
Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in Prescriber or Pharmacist PMP Query



Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in Prescriber or Pharmacist PMP Query



Progress

PMP enhancements to deter “doctor shopping”

Continuing opioid education for health care professionals

Expanded options for safe medicine disposal

Increasing awareness of potential Rx/Opioid abuse dangers promotes family prevention

Medication Assisted Treatment

Naloxone opioid overdose “reversal” drug

Challenges

Medicines can work wonders & are perceived as safe (& “safer than other drugs”)

Opioids can be very addictive, & even lethal when misused

The abuse of Rx opioids can lead to heroin use & addiction

Tons of Rx opioids go unused, creating easy access for diverters or abusers

Pain is real, but subjective

STAY SAFE!



Iowa Governor's Office of Drug Control Policy
www.iowa.gov/odcp